61 THE ANATOMIE of the Elder, cutting out of it plain, approved, and specific remedies for most chiefest maladies, by Dr. Martin, Blockwitch, recommended by the Royal Society; octavo. London, 1677

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OR THE

ANATOMY OF THE ELDER:

Cutting out of it

Plain, Approved, and Specifick Remedies for most and chiefest Maladies;

Confirmed and cleared

By Reason, Experience, and History.

Collected in Latine

By Dr. *MARTIN BLOCHWICH*,

Physician Ordinary of *Oshatin.*

Translated for the benefit of all, and Recommended by the *Royal Society.*

Nullum numen abest, si sit prudentia ---

LONDON,

Printed for *H. Brome*, at the *Gun* at the West End of St. *Pauls*; and *Tho. Sawbridge*, at the Three Flowers de Luce in Little Britain, 1677.

31575
Sept. 1918

THE PRINTER TO THE READER.

THe Ornaments of Nature are ſo many and marvellous, that they not only ſubmit the mind of Man in a devote honour to that Being that preſerveth this variety in ſo ſweet a conſort; but force alſo our thoughts to purſue the inqueſt of the ſeveral ties and dependencies of this beautiful proportion, that at laſt we may come to the knowledge of things in their cauſes and connexion. This Pythagoras moſt properly termed Philoſophy. And indeed Nature hath not been in this, neither in any other of her works, empty: but hath beſtowed on us largely all means fit for the accompliſhment of our wiſhes. Amongſt which Experience and Reaſon deſervedly challenge precedency: Experience, being beholding to Chance and Imitation, is pleaſed to impart her Obſervations to Reaſon; who not being

being discourteous, doth assist her with her own Principles, and so mustereth in the fields of Learning Noble Squadrons of Conclusions against their common enemy Ignorance.

This is vigorously illustrated by the Relation of famous Galen; *A Viper by chance being stifled in Wine, and a Leprous person drinking it, was cured. A Philosopher hearing it, used the same means, and was rid of the same Malady. Chance in the one, and Imitation in the other, asserted the experience: Which Reason now in others makes plausible use of.*

From this Base is the Noble Frame of Medicine raised to so great a magnificence: For the Ancients, being by event or advice delivered from their sickness, hung up votive Tables in the Chapels of their Gods, drawn with the Lineaments of their Disease and Remedy. Out of these approved, yet scattered, Records did the divine Hippocrates *gather those Theorems, which all Posterity adore and embrace as the highest Masterpiece of this skill.*

And our Author seems in this his Treatise of the Elder to tread the foot-steps of that more than mortal old man: For here, as in a curious Landskip, he hath clearly and methodically represented to your view the Experiments and Vertues of this humble Shrub;

whether

whether by chance discovered to the Common, *or by improvement to the rational. In whose ragged Cote are contained, I dare aver, rarer and safer Medicines, than the rob'd Indies enrich us with; and though they seem but homely, and the Products of Peasants; yet are more safe and effectual for our bodies and diseases, than the most renowned Exoticks: For Nature, with a plentiful Horn, hath provided each Climate proper Medicines.*

This being considered by the ingenious, it will not only inforce upon them a grateful remembrance of the Author for collecting, but of the Translator also for imparting his Experiments to us in our Mother Tongue.

For my own part, though I might put in for my share, if not of Thanks, yet of Acceptance, for this Bill of Revival, if I may so term it, which brings you at present a new sight of that Translation, which, with many other things of great value, seem'd lately buried in the rubbish of our Cities Ruines, I shall content my self with performance of a work conducing to the Service of my Countrymen: and hope that this second apparence of so useful a Piece will be no less acceptable to them, than the first. I am sure it cannot be less useful, if the frequent and urgent enquiries with which the Book was demanded, when out of Print, deceive me not.

But without peradventure, the great Experience which hath lately justified the Vertues of the Elder Tree (such, I dare say, as hath far exceeded the knowledge of Elder Times) will make for me with them that know, as many do, that from its Berries is drawn a Spirit of such use and request in some parts of the Land, that not only Shops, but Private Houses also, are thought ill furnished without it. I will not therefore by a tedeous Preface detain you any longer from the benefit of this excellent Discourse, of which it is not the least commendation, that it can sufficiently commend it self.

Novemb. 1.
1669.

For

For his honoured Friend, Alexander Pennicuik *of* New-Hall, *ſometime Chirurgion to General* Bannier, *and late Chirurgion General to the Auxiliary* SCHOTCH ARMY.

SIR,

THe Ornaments of Nature are ſo many and marvellous, that they not only ſubmit the mind of man in a devote honor to that being that preſerveth this variety, in ſo ſweet conſort; but force alſo our thoughts to purſue the inqueſt of the ſeveral ties & dependencies of this beautiful proportion, that at laſt we may come to the knowledge of things in their cauſes and connexion. This *Pythagoras* moſt properly termed Philoſophy. And indeed Nature hath not been in this, neither in any other of her works empty; but hath beſtowed on us largely all means fit for the accompliſhment of our wiſhes. Amongſt which Experience and Reaſon deſer-

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This is vigorouſly illuſtrated by the Relation of famous *Galen*; A Viper by chance being ſtifled in Wine, and a Leprous perſon drinking it, was cured. A Philoſopher hearing it, uſed the ſame means, and was rid of the ſame Malady. Chance in the one, and Imitation in the other, aſſerted the experience: Which reaſon now in others makes plauſible uſe of.

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This being considered by the ingenious, it will not only press upon them a thankful remembrance of the Author for gathering; but of you also for procuring the Translation of these Experiments.

This Translation owes you its Life, and lies prostrate at your feet, to be exposed, or cherished. If it please you, 'tis all the Translator desires; if not, 'tis all he could do in these rough and rugged hils, where even the common elements are barbarous. But he knows you are ready to entertain any foundling of his, though full of deformities, thereby to encourage him for better births: Wherefore he beseecheth, you will take this Paper-indeavor, as a fragment of the great duty he owes you, till he be able in more worthy expressions, to declare himself,

SIR,

Your sincere Clyent,

C. de IRYNGIO.

At the Camp in *Athol*, *June* 30. 1651.

THE

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Mundus regitur opinionibus.

The

OF THE ANATOMY OF THE *Elder or Boor Tree.*

SECT. 1.
Of the Name, Kinds, Form, Place, and Quality of the ELDER TREE.

SEeing the Elder is a Tree moſt known even to the rudeſt of the Commons, it ſeems a matter not worth the pains to deſcribe it in many words; Nevertheleſs, leſt in this reſpect our Treatiſe ſhould ſeem lame, ſome things are to be prefaced out of the ancient and Modern Botanicks.

I. *The Name.*

'Tis called by *Dioſcorides*, and other *Greeks*, ἀκτὴ, becauſe it is a lover of brinks, and ſhadowy banks, as is thought by *Pena* and *Lobel*, in their *Adverſ.* of Plants, *p.* 434. which name *Theophraſtus Paracelſus* hath retain'd, in whoſe, and the modern Chymiſt-writing, you will find frequent mention of *Granorum Actes*, and of Medicines prepared of them.

'Tis called of the *Latins*, *Sambucus*, or by others, chiefly of *Q. Sereenus*, as witneſſeth *Hugh Frida*, *Val. l.* 2. *de tuend. ſan. c.* 26. *Sabucus*, from the likeneſs the muſical Inſtrument called Sabuc, or Sambuck, hath with its hollow and pith-emptied rods; *Pena* and *Lob*, in the place before cited. Whence till this day 'tis called by the *Spaniards*, *Sabuco*, or *Sabugo*; by the *Germans*, *Holunder*; or by contraction, *Holder*, albeit there be ſome which imagine 'tis from the many vertues thereof

thereof called *Holder*, as it were deduced from *Hulder*, Or *Hulderich*; but in this we will not contend with any. The *Italian* names it *Sambuco*; the *French*, *Sufier*, *Suyn*, and *Sufau*; the *Bohemians*, *Bez*; the *Engliſh*, the *Elder tree*; the *Scots*, *Boor tree*, or *Bore tree*; the Low *Dutch*, *Ulier*. See *Tabernomontanus Herbal*, *part.* 3. *ſect.* 1. *c.* 62.

II. The Kinds.

Matthiolus and others ſpeak of four kinds thereof: The Domeſtick, the Mountain, the Water Elder, and the Little Elder or Danwort; whereof the firſt and laſt are moſt commended in Medicine by Phyſicians, who herein follow *Dioſcord. viz.* the Elder tree, properly ſo called, and the *Ebulus* called the leſs, Dwarf, or low Elder. But becauſe both theſe kinds, as we will hear anon out of *Dioſcorides*, differ little, or not at all, one from the other in vertue, I will deſcribe here the Domeſtik, or Elder tree, properly ſo called,

by which you may easily judge what is to be thought of the *Ebulus*.

III. *The Form.*

The Elder Tree in figure is like the Ash, sendeth forth long, small, reed-like branches, covered with an outward bark of an ash colour; the next rine to it is green, and that is yellow and succulent which next clotheth the wood; within which is contained a white and fungous pith; the leaves are like those of the Walnut tree, but less, growing by intervals by threes, fours, yea if you look to both the sides of the branch, by fives and sevens, incompassing it together; of an heavy smell, lightly cut in edges. In the tops of the branches and twigs there springeth sweet and crisped umbels, swelling with white, sweet smelling flowers (in *June* befor St. *Johns* Eve) which by their fall give place to a many branched Grape, first green, then ruddy, lastly of a black, dark, purple

purple colour, ſucculent and tumid, with its winiſh liquor. Of all the wild plants 'tis firſt covered with leaves, and laſt unclothed of them. We omit other deſcriptions, this being full.

IV. *The Place.*

The place of its nativity is every where, and ſcarce can you find any place where any other tree or ſhrub enmantle themſelves in their green garments, which the bountiful enricher of Nature hath envyed this treeling. But it moſt delighteth in hedges, orchards, and other ſhadowy places, or on the moiſt brinks of rivulets and ditches, unto which places 'tis thruſt by the Gardeners, leſt by its luxury and importunate encreaſe, whereby yearly it doth ſpread and enlarge it ſelf, it ſhould poſſeſs the place of more honourable, as they conceive, and of more pretious Plants.

V. *The Qualities and Vertues.*

The Qualities in general are deſcribed by *Galen, lib. 6. Simpl. Medic. facul. ſect.* That it hath the force of deſiccating, conglutinating, and digeſting moderately; which word for word is repeated by the *Galenick* Phyſician *Paulus* of *Ægian, lib. 7. Medic. c. 3.*

Dioſcorides (who, as *Galen* witneſſeth, hath of all others written moſt accurately, moſt truly, and moſt learnedly of Plants) did long agoe in more proper colours limn them in his fourth Book, and 175 *Chapter*, of the *Matter of Medicine.* Theſe are his words.

The faculty and uſe of both (he meaneth the Elder and Ebulus) is the ſame in exiccating, and drawing water from the belly: They are indeed troubleſom to the ſtomach, nevertheleſs their leaves being boyled as pot-hearbs, will purge bile and pituite: Their tender ſtalks being boyled in pot

pot or pan effect the ſame. The root being boyled in wine and given in meat, helpeth the Hydroped; yea it helpeth thoſe that are bitten of a Viper, drunk after the ſame manner. Being boyl'd with water for bathing, it ſoftneth and openeth the *vulva*, and corrects what enormities are there abouts. The berries thereof drunk with Wine work the ſame effect. Anointed on the hair, they make them black. The recent and tender leaves mitigate inflammations, being with Polent anointed thereon. Their anointing helps burning and the bitings of mad dogs. They conglutinate profound and fuſtulous ulcers, and helps the guttiſh, being together with the fat of a Bull or hee Goat anointed.

Theſe vertues ſo nobilitate the Elder, that if after ages had not found out any, yet they are enough to commend it to us. But as in all other things (as *Seneca* witneſſeth, *Queſt. Natur. l.* 7. *c.* 31.) Nature doth not at once diſcover her myſteries, neither are her ſe-

crets promiſcouſly laid open to all, being withdrawn and ſhut in her inmoſt Cabinets, out of which, ſome in this age, ſome in another, is received and unfolded. Even ſo here, one day hath taught another. And the later Phyſicians with more intent thoughts, falling into the contemplation both of other herbs, and of the Elder, they have tryed it in many affections to be moſt wholſom; ſo that not undeſervedly they eſteem it a *Panacæa*, or All-heal: For what is given to others apart, experience proves together to be in the Elder. That I may ſay nothing of its wondrous and hid operations in expugning Epilepſies, Plague, Eryſipelaſſes, and other malign affections, which ſhall be ſpoken of afterwards: It hath a wonderfull force in purging out of the body all hurtfull, bilous, pituitous, and eſpecially ſerous humors, from which bud ſuch troops of ſickneſſes, as is to be ſeen in that famous and learned Treatiſe of the ingenious *Piſo De ſeroſa Colluvie*. Beſides

ſides 'tis Anodyne, and by rarifying the skin, and digeſting the humors and vapours, it lulleth the pain, it provokes urine, ſweat, expelleth the ſtone, provoketh the ſtopt flowers, and doth other rarities, according to the parts and preparation thereof. That not without cauſe, what the more ſober and learned Chymiſts have attributed to their manifold Medicinal *Mercury*, *Antimony*, *Vitriol*, we may admit, admire, and acknowledge in our Elder, though I willingly confeſs with ſome difference; yea, we are more to admire this, ſeeing what is got in that Triad of Minerals, is got with ſuch ſweat and pains, by thoſe indefatiga- ſearchers of the many works and windings of Nature; but we attain our deſire in this with light and little labour.

SECT. 2.

Of the Receipts of Medicaments drawn out of the Elder.

BEfore we come to the Diſeaſes cured by the Elder, 'tis worth our labour firſt to explain the Medicaments, which out of each part thereof, ought, and can be prepared; leſt in divers affections the ſame with a great deal of loathing and labour be repeated, we will here ſet down the more curious and common, beginning with the Berries, as the beſt and laſt product of that Simple.

CAP.

CAPI.

Of the Medicaments from the Berries.

1. *Of the Rob, Tincture, Extract, or Eſſence,*

TAke the ripe Berries of the Elder picked from their ſtalks, preſs the juice out of them, which being ſtrained is to be thickned on a ſoft and clear fire. Some in time of their inſpiſſating add a little ſugar, that the pallat may relliſh it the better; and this is called the Rob of Elder berries with ſugar. Of the Rob, or inſpiſſat juice of the Berries without ſugar, the Tincture and extract is prepared after this manner.

Take a pound of this Rob, put it in a long and capacious Glaſs, called by the Chymiſts a Cucurbite, put thereon the ſpirit of Wine, or the proper ſpirits of the Elder, deſcribed in this

Chap-

Chapter, ſo that it be a handful high above it. The Glaſs being well cloſed, that the ſpirit may not exhale; digeſt it in Balneo four or five days, ſhaking the Glaſs twice a day: After that ſtrain the whole matter contained in the Cucurbit, through gray paper. Take the ſtrained liquor (which is obſcurely reddiſh, and is called of ſome, the Tincture of the Elder or *Granorum actes*, and may be kept without further diſtillation to good purpoſe) put it in a Glaſs Cucurbit, and having put on the Alembick, diſtil it on a ſlow Balnean heat, till the *Menſtruum*, or that ſpirit, drop by drop ſeparate, and the extract of the berries remain in the bottom like hony. If the *Menſtruum* be not totally extracted, that which remains in the Cucurbit is called by the modern Chymiſts, the liquid extract of *Granorum Actes*. You ſhall find another extract taken out of *Quercetan* in the third Section, and 26 Chapter.

II. *WINES.*

II. *WINES.*

Take the Elder Berries cleaned of their ſtalks, beat them in a ſtone mortar, or earthen veſſel, with a wooden peſtle, till all the Kernels be well bruiſed; with this ſucculent matter fill the 8, 10, or 12 part of a little barrel, as you will have it of more or leſs efficacy, fill up the reſt with Muſt, or new Wine, that they may work together.

Some boyle equal parts of this ſucculent matter and Muſt together, till the conſumption of a third part of the whole, on a ſlow fire; then ſtraining it through a thin linnen cloth, they put it (as is ſaid) in a greater quantity into a Barrel, put Muſt thereon, and ſo ſuffer them to work.

Quercetans receipt thereof is ſet down in *ſect.* 3. *cap.* 24.

This is an excellent way.

R. *Of Elder Berries well dried in an Oven, lib.* 1.

Cinnamon, the ſtrongeſt and ſharpeſt, unc. 3. *Cary-*

Caryophill. Aromatic. ounc. 1. *and an half.*

Being all grosly pulverised, sow them loosly in a knot; put them in a vessel that holds twelve English quarts, or thereabouts, fill up the rest with the best and most fragrant white Wine, and place it a fortnight or above in a Wine Cellar; which is to be used in time of repast, for tis an excellent stomachical drink, most delicious in colour, taste, and smell.

III. *The Spirit and Water.*

Take the ripe berries, express the juice, at least break them together, and let them stand in a wood vessel till they begin to ferment; and that they may work the sooner, some add a little of the yiest of beer or wine: some add none, but keep the same process. *D. Finck.* keeps in the extracting of the Spirit of black sweet Cherries, *Enchiridii, c. 6.* After the fermentation let them be distilled in a *Vesica*, and rectified acording to Art.

The

The rectification is beſt accompliſhed firſt in a *Veſica*, and then in *Balneo*; where in place of a Concurbit uſe a long-necked Viol, then the moſt ſpiritous part will de abſtracted, the phlegm beating again the ſides of the Viol will again fall down.

Others prepare it thus;

Take the ripe berries of the Elder dryed in the weak heat of an oven, being pulveriſed groſly with a third part of Barley meal with them; being well mixed, put them in an Oken Barrel, and put boyling water on them, in which ſome hops have been before macerated; ſtop the Veſſel cloſe, and ſuffer them to ferment ſome four or five days: To haſten the fermentation and digeſtion add ſome dreggs of Wine or Beer, (as we have ſaid before) diſtill and rectifie it.

But the firſt way is preferred deſervedly by moſt, as more ſimple and pure: The Purging water, as it is extracted by *Quercetan* and others, out of the berries, is ſet down *ſect.* 3. *c.* 24.

IV. *The*

IV. *The Syrup and Tragea.*

The Syrup is thus prepared: Take of the juice extracted from the new gathered ripe berries, and clarified, *lib.* 1. Sugar clarified, *lib.* 1. boyl it a little on a ſoft fire in a double Veſſel, or in *Bal. Mar.* to the conſiſtency of a liquid Syrup.

You ſhall find the *Tragea Granorum Actes*, or the *Tragea* of the Bore-tree-berries ſet down in the 22 *cap.* of the third *ſect.*

V. *Oyle drawn out of the Stones or Kernels.*

Take the grains, or ſtones of theſe berries left in the cloth after the juice is ſtrained from them, waſh them well, and dry them in the aire, bedew them with odoriferous white-Wine, and then in a preſs ſtrongly ſqueeze out the oyle of them, as you do out of the ſeeds of the flaxes or line, rocked

Pop-

Poppy or Henbane, and ſuch like; that being purified by reſidency, keep it for your uſe in a glaſs; for 'tis an excellent Vomitive, and a good Balſam in externals.

The Doſe to take it inwardly, is a drachme, or a drachme and a half in hot ale, or ſome other convenient liquor.

This Oyl may be more Hematick and Cathartick, if inſtead of the Wine, the Kernels be bedewed with Malago, wherein *Crocus metallorum* hath been infuſed, and then Oyl expreſſed out of them; which in the ſame doſe will be much more effectual.

Cap.

CAP. II.

Of the Medicines made of the Flowers of the Elder.

1. *CONSERVES.*

TAke the freſh flowers, pull them in little pieces, and to each ounce of them add two ounces of the whiteſt Sugar, incorporate them well together in a Marble Morter with a woodden peſtle: Expoſe it afterward in a Glaſs, or earthen Veſſel to the Sun for ſome dayes; it being thus prepared, reſerve it for your uſe.

II. *The SYRUP and HONEY.*

Take of the recent Flowers *lib.* 1. let them macerate 12 hours in *lib.* 6. of warm fountain water; having expreſt and ſtrained the liquor, put in again recent flowers, yea do it the third time. Add four ounces of the whiteſt

Sugar

Sugar to each five ounces of the liquor that is laſt ſtrained, boyle them up to a Syrup according to art.

But if in place of the Sugar you add the ſame quantity of Honey, and boyle it to a fitting conſiſtence, you have *Mel Sambucinum*, which is commended by ſome.

III. *The* WATER *and* SPIRITS.

There is ſundry wayes of diſtilling Waters from Herbs and Flowers ſet downe by *Wecker*, *Euonimus*, *Quercetan*, and others; this is the eaſieſt.

Take as many of the Flowers of the Elder as you liſt, put a ſufficient quantity of warm water thereon, let them marcerate a night, and then diſtill them *per Veſicam*.

That which diſtilleth firſt is excellent, the next is worſe, beware then thou urge them not too much; poure the water on freſh flowers, diſtil them the ſecond time; yea reiterate it the third time; ſo you ſhall have water fit

for

for the uſes ſet down afterward in the practice; for that which is extant in the Apothecaries ſhops, is nothing but meer phlegm, not worthy the name of diſtilled water. No wonder then the ſick ſo ſeldom find the wiſhed and expected fruits therof. If from a part of this water in a long necked Viol, in a ſoft Balnean heat, you extract the more ſpirituous part, in quantity about the twelfth part thereof, you will have a moſt fragrant and penetrating Spirit. Or prepare the Spirit as *Quercetan* hath ſet down in *lib.* 1. *Pharm. Dogm. reſtitut. cap.* 7. and *D. Sennertus* way, *Inſt. Med. lib.* 5. *part.* 3. *ſect.* 3. *cap.* 5. is it not much different.

The Cake which remains in the Veſica after the diſtillation of the water, called of the Chymiſts *Caput Mortuum*, is not to be thrown away, but to be reſerved for the uſes ſet down in the Practice.

IV. The

IV. *The* VINEGAR *and* OXIMEL.

Pour upon the freſh, or half withered flowers of the Elder, the Vinegar of white Wine; let them ſtand in a cloſe ſtopped glaſs Veſſel in the Sun, or ſome other hot place; that the Vinegar more exactly may draw out the vertue of the flowers, let the flowers remain in the Vinegar, till it have drawn out fully all the vertue from them, which you may eaſily know by its fragrant ſmell, and golden colour. After ſtrain the Vinegar, and reſerve it for your uſe.

An excellent and red Vinegar may be prepared of the flowers and juice of the branches, which is frequent in *France*, as *Lobell* and *Pena* witneſs in their *Adverſ. ſtirpium nov. p.* 434.

Take inſtead of the juice of the branches, the berries of the Elder dryed in the ſlow heat of an Oven or Furnace; and upon them put the Vinegar of the flowers, well purified

purified by ſtraining and ſubſidency; which being impregnant with the ſhining tranſparent purple, I pour it off, and put on new ſtill, ſo long as they are able to give it a purple tincture. The ſowre Syrup of the Elder is deſcribed *ſect.* 3. *c.* 19.

The *Oximel* of the Elder, which *Quercetan.* in *Pharm. Dogm. reſtit. lib.* 1. *c.* 10. mentioneth, is thus prepared.

Take of Honey ſcummed well lib. 1.
Of Elder Vinegar lib. 5.
Of Simple water, or water of Elder Flowers lib. 1.

Being mixt, put them in a Cucurbit, and let them be boyled in Balneo to a fit conſiſtence. You may uſe here the ſimple Vinegar, either of the flowers, or that which is by the infuſion of the berries of a purple die, as it ſhall pleaſe the phancy of the Phyſician or his Patient.

V. *WINE.*

Take of the Umbels of the Elder dryed

dryed in the ſhadow, as much as you will; which being pulled in little pieces, put them in a knot of fine thin linnen, with ſome little clean white ſtones(to make the knot ſink)throw it into a veſſel full of Muſt; let the wine work. Some bid take a pound of the flowers, rightly dried and picked off their ſtalks, to 60 Congions or 70 Gallons of Wine, and promiſe after the working of the Wine it ſhall be of an excellent Muſcadel taſte and ſmell.

Mark, that whatſoever Apples or fruits are covered and wrapped in the flowres of the Elder Tree, ſhall acquire a taſte and ſmell much like Muſcadel Pears.

VI. *The* OYLE.

1. Take as much as you will of the freſh flowers beaten, put them in a Veſſel of glaſs, pour on them a ſufficient quantity of clear Sallet Oyle, macerate them in the Sun, or ſome other hot

hot place for 15 dayes; then decoct it in a double veſſel; ſtrain the flowers, caſt them away; put in freſh ones; proceed as you did before, reiterate your practice the third time, and having ſtrained it, keep it in a convenient veſſel.

Mark, that thoſe groſs dregs of the flowers, and of all other things that are macerate in Oyle, and ſtrained from it, is called of the Phyſicians, *Stymma*, which take notice of now, that you may remember it when 'tis mentioned hereafter.

2. The following Oyl of the flowers is commended of many.

Take a Cucurbite or Glaſs of middle capacity; fill a third part thereof with Elder flowers gathered in a clear pure day; put ſo much Malvatick Wine thereon, that the third part at leaſt of the glaſs may remain empty; having ſtopped the mouth well, expoſe it to the Sun a fortnight: then putting the whole matter in a glaſpot on a ſlow fire of Charcole, heat it a little;

little; then ſtrain it with great force into another clean veſſel, above which within a little while you ſhall ſee a yellowiſh Oyl to ſwim, which by a funnel or ſeparatory, you are to ſeparate from the reſt of the liquor according to art.

The liquor that remaineth will ſerve for the maceration of freſh flowers, which you are to reiterate ſometimes, and in divers veſſels, ſeeing at one time you will get but little Oyl.

3. The Oyl is prepared by diſtillation, after the manner *Sennerte* and others prepare the Oyl of Roman Cammomile flowers, and of other ſweet ſmelling flowers; thus, Take the flowers of the Elder dryed betwixt two linen cloaths in the aire, being pulled in little pieces, put them in an earthen veſſel, or large Cncurbite; to every pound of flowers add an ounce and half of common ſalt, and having a ſpan high covered them with warm water, leave them in digeſtion ten dais, or

more, after diſtill them in *Veſica*; and according to art ſeparate the Oyl from the water.

CAP. III.

Of the Medicines of the Buds or Breakings of the Elder.

I. *The* POWDER.

TAke as much as you will of the buds, or firſt breakings forth of the leaf of the Elder; being dryed in the ſhadow, pulveriſe them: either keep this Powder by it ſelf, or mix it with equal parts of Sugar.

The many Medicinal Powder of the Buds is deſcribed *ſect.3.cap.3.*

II. *The* CONSERVE.

Take the freſh tender buds ſmally cut, *lib.* 5. of the pureſt Sugar, *lib.* 1. upon a ſlow Charcole fire, mix them well

well together with a ſtone peſtle, and expoſe them in an earthen pan eight days to the Suns rayes.

III. *The* SYRUP.

Take of the Juice preſt out of theſe firſt buds and breaking of the Bore-tree out of the tree and ground, and by ſubſidency purified from the dregs *lib.* 11. of fine white Sugar *lib.* 1. *ſ.* or *q.ſ.* let them be concocted with a ſlow balneal fire to the conſiſtency of a Syrup; which being aromatiſed with half an ounce of choice Cinnamon, and two drachmes of Cloves, is to be reſerved in a glaſs veſſel.

CAP. IV.

Of the Medicines taken from the Leaves, middle Bark, Roots, Pith, and Spunge.

I. *The* WATER.

Take the freſh leaves of the Elder, and they being groſly beat or cut, fill the half of a Veſica with them, and put a ſufficient quantity of warm water on them; macerate them therein for a night, and diſtill them; put the diſtill'd water on freſh leaves, diſtill them again. After the ſame manner, of the green and ſucculent bark water is prepared.

There are ſome that of the ſucculent roots, pith, and ſpunges by themſelves, or mixed together, doe diſtill waters, which they much commend in Hydropſies, which firſt are to be well ſhred and macerated a night in convenient liquor, that their vertues may

may be more eaſily drawn out of them.

II. *The* SYRUP.

As of the Juice of the Buds, ſo from the Juice of the middle bark, or roots, a Syrup may be prepared for the nicer ſort, if a ſufficient quantity of Suger be put to the juice, well clarified, and on a ſoft fire boyled to a ſyrup; and after the ſame manner aromatiſed.

Theſe ſyrups indeed are eſteemed leſs efficacious then the crude juices, ſeeing in their boyling they loſe ſomething of their Cathartick faculty, which *Fernele* obſerved. Nevertheleſs they are more ſafe, and leſs noyſom to the ſtomach, and the reſt of the intrals. Therefore their doſe is according to their ſtrength to be augmented.

III. *OYLES and LINIMENTS.*

1. An uſeful Oyl is prepared of the middle bark, macerated in old clear Sal-

let Oyl,and expreſſed,as was ſpoken in the Flowers.

2. Of the Bark and Leaves prepare them thus; Take of the middle Bark and Leaves, equal parts, fry them in *May* Butter and Linſed Oyl, or in any one of theſe,with a ſoft fire; when they are a while fryed, preſs out the leaves and bark; put in freſh leaves and bark again,fry them,and expreſs; do ſo the third time.

3. The Liniment or unguent which is ſet down in *Matthiol. ſuper Dioſc. l.* 4. *c.* 168. Take of the green bark of the Elder which is next the outward aſh coloured rine, being of an herb colour, *lib.* 1. of Oyl waſhed off in the water of Elder flowers *lib.* 2. let them warm a while together, then ſtrain and preſs them; to this add of new well ſmelling wax,of the juice of the twigs of the Elder *ounce* 4. then ſuffer them again to boil till the juice be conſumed. Take it then from the fire, ſtirr and mix all together; and at laſt add of liquid Varniſh *ounc.* 2. of

white

white Frankincence beat to duſt, *ounc.* 4. likewiſe add two whites of eggs, firſt well beat; mix all diligently, and keep it in a clean veſſel.

4. Another Liniment wich the moſt happy *Plater.* uſed to prepare. Take of the middle bark of the Elder one ounce and half; of the juice of its more tender leaves one drachme, Linſed Oyl waſhed in the water of Elder flowers two ounces; of Barrow-greaſe ſo waſhed *onu.* 1. of good yellow wax one ounce and half, of Frankincence one ounce, boyl them in the water of the flowers of the Elder, in a cloſed pot and when they; are cold, gather and keep the Oyntment that ſwims above. Of all theſe we will ſpeak in burning, and other external affects.

The reſt of the Medicines that are prepared of the parts of the Elder, are copiouſly ſet down in the places that handle the diſeaſes to which they are appropriate, and there they are to be found.

CAP. V.

Of the Salt and its Spirit.

I. *The SALT.*

SAlt is prepared not only of the flowers and leaves after the diſtillation of waters, and expreſſion of juice; but of the bark and whole tree For all are to be dryed, burned in a clear and open fire, reduced to aſhes; of theſe aſhes make a Lie with pure and clean water, ſtill pouring on freſh water, till all the ſaltiſhnes be extracted; boyle the Lie, being filtrate, in an earthen veſſel on a ſoft fire, till the water exhale, and the ſalt be left; which by a reiterate ſolution, filtration, and coagulaion, is to be purified.

The moſt gallant way of purifying ſuch like Salts, by the means of the ſpirit or Oyl of common Salt, is ſet down in the 19 Chapter of *Finckius Enchirid. Hermet.*

Some

Some praiſe this proceſs, R. of the burned aſhes of Elder and Sulphure, equal parts, being mixt, calcine them with a reverberatory fire, or in a Potters Furnace; after extract a Lie with the water of the flowers of the Elder; which being filtrate and boyled to a half on a ſlow fire, is to be placed in a Celler, that the ſalt may run in Chriſtals.

II. *The Spirit of the Salt of the Elder.*

R. Of the Salt of the Elder, *lib.* 1. of common Bole *lib.* 3. being well powdered and mixt together, put them in well Luted Retort, fit to it an ample Recipient, and having cloſed the commiſſures, add fier by degrees. Firſt there ſhall ſtill a wateriſh liquor, then the ſpirits ſhall follow; augment the fire, and keep it in the ſame degree, leſt the ſpirits remit, ſo long till no more ſpirits flow, and the recipient become clear; the veſſel being cold, and the clay that luted them together

being with a wet cloth for an hour together ſoftened, that the recipient may be ſeparate without breaking the glaſſes, you ſhall find the ſpirit of the Elders ſalt, which is ſeparate from its phlegme by diſtilling in Balneo.

The Lute, for arming your glaſſes, and luting them to their recipients, is ſet down by *Begwine, l. c. 6. Tyrocin. Chym.* By *Libavius l.* 1. *Epiſt.* 24. *Epiſt. Chymicarum*, and others.

Others uſe other ways of diſtilling the ſpirits of vegetable ſalts, which the famous *Senart.* mentions by the by, *Inſtit. Medic. pag.* 1215. but we may uſe all things we uſe in diſtilling the ſpirit of common ſalt: of which ſee *Sennert.* and *Begwine, l.* 2. *c.* 6. *Tyroſ. Chymio.* and others.

SECT.

SECT. III.

Shewing the practice of the ELDER, *and Medicines belonging thereto.*

WE have conſidered already the nature and qualities of the Elder, and in a moſt ſhort and clear way ſet down its Medicines. It remains we briefly ſhew the practice thereof, and how 'tis a ſafe Medicine for moſt Diſeaſes that follow our frailty; and of other preparations ſpecifick to each part. We begin with the affections of the head.

CAP.

CAP. I.

Of Cephalalgia.

IN mitigating the pain of the head, and removing the diſtempers thereof in women, we uſe happily the Cake of the flowers of the Elder, left in the Veſica after the diſtillation of the water; it muſt not be burned; which being dedewed with the vinegar of the flowers we apply it to the head, and with the beſprinkling of frech vineger, renew it. It rarifieth the skin, and by digeſting the vapors. diſpels them.

Some uſe roſe cakes bedewed with the vinegar of the Elder, which where the heat is more vehement, the brain more ſenſible, and more offended with the piercing ſmell is far better.

Or,

℞. *Take of recent Elder leaves two handfuls.*
Of Roſe and water Lillie flowers, of each one handfull. Being

Being ſhorne and pounded, poure on them a like quantity of Elder vinegar, and the water diſtilled out of the flowers, preſs out ſtrongly the juice; mix with it expreſſed two whites of eggs well beat; in which dip a double linen cloth, and apply it to the head oft in the day. The water of the flowers mixt with the white of an egg and a littile vinegar, is moſt comfortable in any *Cephalalgia*; chiefly in a Feaveriſh, being applyed to the brows, temples, and crown of the head. The vinegar by it ſelf is fitly uſed in the pain that proceeds or follows drunkenneſs.

Or draw out with the vinegar and diſtilled water of the flowers, from the kernels of the Peach and bitter Almond, a milky Emulſion, wherien dip a linnen cloth, and apply it oft to the brows and crown of the patient.

Pliny ſaith, That the juice of the Elder helps the collections of the brain, and eſpecailly mitigateth the tunicle wherein it is next inwrapt.

This.

This decoction is excellent to diſpel the vapours of the brain, and make one ſleep ſoundly, if the legs and arms be ſoundly rubbed therewith when you go to ſleep. Take ſix umbels of the Elder flowers when they are full, of Aniſe umbles, of *Roman* Camomile flowers one handful, ſix Poppy-heads with their ſeed, being put together, beat them in rain water: If the evil hath its fewel from the ſtomach, matrix, or other parts, they are firſt to be remedied after that manner as is declared, particularly in each part. 'Tis enough here to have touched this Topick.

CAP. II.

Of Raving and Wakings.

THe ſame things are profitable here, that are ſet down in the remedy of the *Cephalalgie*; ſeeing it oft theſe riſeth to forerun or accompany mala-

maladies, adding ever to theſe ſome grainsof *Opium*, or a little of the ſeed of white Poppy, to mitigate and allay the furious and fiery ſpirits. For example, Take of the beſt water of Elder flowers 4 *dr.* of water Lillie and Roſewater of each 2 *drach.* of *Thebaick Opium* half a *ſcrup.* of Elder Vinegar to diſſolve the *Opium 6 ſcrup.* mix them for an Epithenie, wherein a double or treble linnen cloth being wet, is to be applyed warm to the brows and crown of the head.

Or in place of the *Opium*, an ounce of the ſeeds of white Poppy; and by baking according to art, make an Emulſion, unto which you may fitly add the white of an egg well beaten.

If the belly be bound, diſſolve of the Syrup or juice of the berries, and alſo of the infuſion of the flowers of the Elder, *ounc.* 3, or 4. in the water of the flowers, and give it when the Patient is dry like a Julip; for it will not only open the belly, but ſweetly quiet the ſpirits.

When

When in *Anno* 1626. the Plague was raging in *Haina*, and many of the infected were troubled with head aches, ravings, and wakings; a worthy man told me, he found no readier help to diſſipate thoſe venomous vapours, and bring ſleep in his own and others bodies; then after the giving of ſeveral medicines, to bind their heads about with the flowers of the Elder.

CAP. III.

Of Melancholy, and chiefly Hypocondriack and flatulent.

IN Hypocondriack Melancholy 'tis profitable firſt of all, if the diſeaſed be prone to vomit, to provoke it by the Oyl of the infuſion of the flowers and bark of the Elder; leſt by preparing and purging Medicines, thoſe crude and excrementitious humors, which oft are gathered in the ſtomach be carried to the more principal parts

of

of the body; and augment the obſtructions.

Or give of the ſyrup made of the ſap of the buds and berries an ounce, *br.* 1. *s.* with ſome grains of the extract of Scammonie, and 3 guts of the Oyl of Elder flowers diſtilled, in the diſtilled water of the flowers thereof.

Or uſe the Clyſter that is deſcribed in the 22 *cap.* following.

After this, the Wine, which is drawn out of the berries and flowers, is not of meaneſt worth, for it opens obſtructions, cuts groſs humors, and by little and little thruſts them to the dore Moreover it refreſheth the vital and animal ſpirits. Drink a cup full thereof each morning for a month, taking before a ſpoonful or two of freſh broth, or a ſaft egg.

That it may work more ſafely, you may each week mix with the uſe of theſe, once or twice, the manyfold working powder of the buds of the Elder; wich is thus prepared;

Take of Elder buds dried in the ſhade,

ſhade, half an ounce.
Of Elder Kernels Trochiſcated,
Of Sennie leaves,
Of Chriſtalliſed Elder ſalt, of each three drachmes,
Of the extract of Scammonie, two drachmes,
Of Galengale, of Macer, of each half a drachme,

Being all ſubtilly pulveriſed, diſtill upon them.

Of the Oyl of Cloves,
Of Fennicle, of each ſix drops,
Of Cinnomon,
Of Carvi, of each three drops.

Let them be mixt exactly in a Marble Morter for a Powder, whoſe doſe is from a ſcruple to a drachme.

The Trochiſcation, or preparation of the ſeeds or kernels of Elder is thus; Take one ounce of the leſſer *Eſula*, prepared as is known in infuſion in Vinegar, and groſly pulveriſed. Infund it in the Spaniſh Wine of *Peter Simons*, *lib.* 5. let them macerate 8 days in the Sun, or in winter in the chim-

chimny corner, the mouth of the glaſs being well ſtopped; after ſtrain them through gray paper, and purifie them. Take the clean Arillas of the Elder berries, dry them, pulveriſe them, and with a ſufficient quantity of the infuſion of Eſula, make them in paſte; dry it; being dryed, bedew them with the ſame infuſion, and again work it into paſte; of which from your Trochiſces; dry them, and keep them for your uſe.

And becauſe thoſe excrementitious humours lurking about the ſtomach, and vicine places, and much troubling both the Phyſician and Patient, in all Hypocondriack Diſeaſes, are more eaſily evacuate by vomit then purge, you may uſe commodiouſly the oyl of the kernels of the Elder, prepar'd by bedewing them with the infuſion of Antimony, as as hath been ſhewn in the ſecond Section; a little after drinking warm water, vomit is pvovoked; and that obſtructions may be ſooner diſſolv'd,

and

and the matter drawn out of the Meſeraick veins into the inteſtines; beſides theſe internal things, uſe this *fotus*.

Take of the bar; of Elder Roots, ounce 1. *ſ.*

Of well dried Elder flowers, M. 3.

Make a decoction in equal parts of Wine and Water; and that it may penetrate the more, add as much as you think fit of the Vinegar of the Elder; in which fomentation dip a ſponge, and therewith foment the whole belly, but chiefly the left Hypochondre.

See the other hereafter in the 23 Chapter of the Miſenteries obſtruction.

For the altering of the bloud and ſpirrits in the true, and in the Hypocondriac Melancholy; after generals, the ſyrup of the juice of the berres, and infuſion of the flowers of Elder, is praiſed; of each of which, in the morning faſting, every day, let the Patient take *oun.* 1. in the water of the flowers of Burrage.

You

You are likewiſe to take a care that the belly be kept open; which is to be done by the Syrup and the Clyſter mentioned in the 2 *cap.*

In the Paroxiſme of your Hypocondriac Melancholy give a ſpoonful of the ſpirit of the flowers of Elder in a draught of Malmſey, for it diſſipateth the aſcending vapours, and ſtrengtheneth the ſpirits.

CAP. IV.

Of the Epilepſie.

AS this is a grievous, and a diſeaſe much to be lamented; ſo I may ſay, it expects its moſt ſpecifick cure, almoſt from the Elder.

The Cure of Children.

To Infants new-born, before you give them any thing to ſwallow, you may give them with great profit. a

ſpoonful,

ſpoonful of the ſyrup of the infuſion of the flowers, or juice of the Elder-berries, to evacuate that putrid, yellowiſh, and ſometime blackiſh water gathered in the ſtomach, and parts about, while the infant is in the mothers belly.

For theſe Syrups do not only change and evacuate, but they alſo preſerve from, and reſiſt malignity.

Macerate a handful of Elder flowers well dried in the wine, which the beſt ſort uſe to waſh their new-born babes in; for it conſumes the humors gathered about the joynts, and comforts the members. This is alſo commended, Take of the powder of the ſimple buds 1 *drach.* of the whiteſt Sugarcandie 1 *drach.* of the berries of herb Paris *Number 6.* pulveriſe them moſt ſubtilly, of which give half a *ſcruple* for 9 days together, in the water of Elder flowers, or any other convenient liquor you pleaſe.

In the Paroxiſme, the leaſt ſpoonfull of the ſpirit of the flowers given

with

with three or five of the ſeeds of *Peony excorticat*, is praiſed.

Or, of *Peony excorticat* 2 *drach.* of the beſt water of Elder-flowers one ounce and a half, of *Linden* flower-water half an ounce.

Make an Emulſion according to art, which being edulcerate *Rotalis manus Chriſti perlatus*, give it by ſpoonfuls.

Let the Nurſe ſometimes take the Conſerves, Syrup, or water of Elder flowers, or having taken the ſpirit, juice, or extract of the berries, let her provoke ſmell, that thereby her milk being clear of the ſharper aud more malignant ſeroſities, may be the more wholſom.

I knew an infant, which being taken ſometime with Epileptick fits, each day, with a great deal of crying, and pain of belly, did dung a yellowiſh greeniſh matter; whom neither Clyſters, nor cleanſing Linctuſſies did any good. I counſelled his mother, ſeeing I ſaw her milk more ſerous and thin,

thin, that she should twice or thrice a week take the rhob, or juice of the Elder-berries, mixt with burn'd Harts-horns; and drink a draught of the water of the flowers above it, and provoke her self to sweat in her bed, or couch: Which being done, not only the Epileptick fits, but also those painfull wringings of the childs belly did cease; and by little and little, the excrements came to their natural form.

The cure of those that are come to age.

In those that are come to age 'tis first necessary above all things, to purge the body well.

In the Spring time macerate the bark of the roots of Elder in the whey of Cows milk, which being dulcerat with Sugar, let him each morning take a hearty draught thereof.

Or, *Take the Polichrestick powder of the buds two scruples, or one drachme.*

Of

Of recent Rob of the Elder, well thickned with good Sugar, as much as will make a bole.

Or take the preſcribed bole; diſſolve it in the whey of Milk, add thereto the Syrup made of Juice of the buds and berries, *ounce* 1. mix it; prepare a draught: But if the Patient be prone to vomit, give him the oyl expreſſed out of the kernels.

The ſpirit of the flowers and berries of the Elder in, and out of the Paroxyſm, is of great power; but it may be made more efficacious thus:

R. *Take of the middle bark of the Elder,*
Of the roots of Pæonie, of each ſix drachms,
Of dried Elder leaves and buds,
Of Lynden-tree flowers, of each one handful.
Of Rew-ſeed two drach.
Of the Berries of herb Paris, numb. 20.
Of Jews-ears, numb. 6.

This being cut and pounded, put as much

much of the ſpirit of the Elder thereon, as will be a hand broad high above them, and in a hot place, and well ſtopped veſſel, macerate them eight daies; diſtil them in glaſs veſſels in *B.M.* till they be dry; mix with them the diſtilled ſpirits, the ſalt drawn out of its dregs, and keep it for the Anti-Epileptick Spirit of the Elder.

Whereof give a whole, or half ſpoonful to the Epileptick in the time of his Paroxiſme; afterwards uſing it every quarter of the Moon, to diſſipate the Epileptick corruption by ſweating, or inſenſible tranſpiration, and to guard the brain.

With this ſame, in the time of the fit, rub the noſtrils, gums, and pallat, adding thereto a Grain or two of Caſtor.

Herein likewiſe excels the tincture and extract of *Granorum Actes*; the preparation and uſing of which is ſet down in the 31 Chapter out of *Quercetan*.

Or,

Or, *Take of Granorum actes ſcrup.* 1. *Of the berries of Herb Paris, pulveriſed, half a ſcrup.*

Mix them, and form pils thereof, *numb.* 15. or being diſſolved in the Anti epileptick Spirit of the Elder-give them in the Paroxiſme.

Mark by the way, That the berries of herb Paris, called by ſome Bear or Wolf grapes, is held by ſome Matrons, as a great ſecret againſt the Epilepſie: and they give them ever in an unequal number, as 3, 5, 7 or 9, in the water of *Linden* Tree flowers or of the roots of Squamaria; which I my ſelf have found effectual in ſome children. Seeing theſe berries are mixt with ſome Antidotes, eſpecially with the Saxonian, and half a drachm of the ſeeds of theſe berries, as *Matthiolus* relates, being given, avail much againſt long ſickneſs, and Witchcraft, it ſhould not ſeem ſtrange to any man, that they much help in the Epilepſie, if they conſider ſeriouſly the maligne

nature of the Epileptick vapor, and its enmity with the brain.

Some affirm, that the water of the flowers drawn up into the noſe prevails much againſt the Epilepſie and Vertigo. In the ſame affects the eyes and face are to be waſhed oft with this water.

Anoint gently, in the fit it ſelf, the contracted members, with the oyl of the flowers of the firſt deſcription, that thereby the Acrimony of the humors and vapors may be mitigate, that the matter may be diſſipate, and the nerves comforted.

The oyl of the ſecond and third deſcription, or the diſtilled oyl, is much commended; if the palmes of the hands, and ſoles of the feet, if the temples of the head and nape of the neck be anointed therewith.

Amulets.

There is likewiſe ſet down a ſingular Amulet, made of the Elder growing

ing on a Sallow. If in the month of *October*, a little before the full Moon, you pluck a twig of the Elder, and cut the cane that is betwixt two of its knees, or knots in nine pieces; and theſe pieces being bound in a piece of linnen, be in a thred ſo hung about the neck, that they touch the ſpoon of the heart, or the ſword-form'd Cartilage; and that they may ſtay more firmly in that place, they are to be bound thereon with a linnen or ſilken roller wrapt about the body, till the thred break of it ſelf. The thred being broken, and the roller removed, the Amulet is not at all to be touched with bare hands, but it ought to be taken hold on by ſome inſtrument, and buried in a place that no body may touch it. *Petræus Noſilog. Harmon. l.* 1. *diſſert.* 6. *Finkius Ench. Harm. c.* 5. The cauſe of which is not abſolutely hid, ſeeing the Elder and its grains help this diſeaſe. Theſe are the words of *Petræus* in the mentioned place.

There are ſome that aſcribe the ſame effect to the Bore tree, growing on the Tylia or Linden tree, ſeeing both by a peculiar property are anti-epileptick; ſome hang a croſs made of the Elder and Sallow, mutually in wrapping one another about the childrens neck, *Petr. Loco Allegat.*

Albeit there be ſome that deny all ſpecifick operation to Amulets of the Elder growing on the Sallow and Linden tree, and to all other Amulets. Nevertheleſs their reaſons are not of ſuch weight, that they ſatisfie the mind of a deſirous learner; 'tis not impoſſible that ſo little a piece of the Elder bound to the skin ſhould break the force of ſo ſtubborn a diſeaſe: for though it do not draw out ſenſibly the vitious humors, yet it may act againſt the morbifick cauſe, and rout it ſome other way, by alluring, and ſome other way expugning thoſe vitious humors, and that malignant Miamſe, moſt noiſom to the brain, it having in little bulk great force; which being extinct

or removed, 'tis likely the Epilepſie will ceaſe, though the humors remain; if they be not altogther corrupt: which humors are to pe purged, according to the diverſities of conſtitutions, before you uſe ſuch Amulets. Read *Sennert. l. de Conſ. & diſſen. Gal & Chymic.*

Whereas they object, That in all theſe Amulets do not hold: This will not prove that they are not indewed with an Anti-epileptick faculty; otherwiſe many famous Medicaments ſhould be called in queſtion, ſeeing many times they are diſappointed of their actings in ſome ſubjects; becauſe it may be they are not uſed in fit quantity, time, or after due prepration, or ſome other errours are committed, which may hinder the beſt, and moſt approved Medicine to take effect; neither is it in the power alwaies of the Phyſician or Medicine, that the diſeaſed ſhould be releived: ſome times the evil excels the cunningeſt art.

CAP. V.

Of the Apoplexie and Palſie.

AS preſervative a againſt the Apoplexie and Palſie, the Salt of the Elder is much commended, if it be mixt with a third part of the volatile ſalt of Amber (which volatile ſalt uſeth to ſtick to the neck of the retort, in the diſtillation of the oyl of Amber) and given in the time of the new Moon, or full moon, in a convenient liquor, in the weight of a ſcruple, or half a drachme. The ſalt of the Elder muſt be firſt excellently Cryſtallized in the water of Sage, as you know.

Amwald deſires that three parts of the extract of black Hellebore be mixed with the Rob of Elder; which he commends as a gallant ſpecifick againſt the Apoplexie, and all noyſom affections of the brain. The receit is ſet down in his Treatiſe, *Panacea Amwaldina, fol.* 23.

Pulvis Turconum Polychreſtus, doth not only purge the ſtomach and neareſt veſſel, but likewiſe the brain from its

its groſs, pituite, and ſerous humors, whereof give a drachme thereof when it is needful in form of a Pill.

Oxymel Samb. is likewiſe uſeful in theſe cold diſtempers of the brain; whereof give oft in the water of Sage, a little maſted before purging, at leaſt two or three ounces for the cutting and preparing that groſs matter.

The Spirit likewiſe diſtilled from the Berries is excellent, if once a week, or at leaſt each quarter of the Moon, a ſpoonful thereof mixt with crums of wheat bread, and a little ſugar, for it conſumes the phlegmatick humors, and drieth and comforteth the brain, and 'tis taken in place of a ſimple Anti-epileptick, as we have ſaid in the former Chapter, Or.

You may prepare it new thus, only for this affection, in what quantity you pleaſe, thus;

Take of Sage, Marjoram, Ivy Arthritica, of each two drachmes.

Of Couſlip flowers, Conval

Lilly flowers, of each one drach. and an half.

Of Rochet ſeed, two drachmes.

Which, all being cut, and groſly pulveriſed, are to be macerated in a ſufficient quantity of the ſpirit of Elder, and after eight daies to be diſtillid in *B. M.* till they be dry; for the Apoplectick ſpirit of the Elder; in a part of which Caſtoreum may be diſſolved, and oft times tranſcolate; of which mixture a ſpoonful, chiefly in the time of the Paroxiſme, ſhould be inſtilled, as the cauſe is of exigency, and with the ſame rub the pallat, noſtrills, crown of the head, and nuke of the neck.

Two or three drops of the oyl of the ſecond or third deſcription, or diſtilled, being inſtilled in the ear, or anoynted on the pallat, after the manner the ſpirit is thought to help the reſt.

Mark, That thoſe things we have now commended, have chief place in that Apoplexie that proceeds from pituite

tuite or other groſs humors, and is familiar to old men; but that which proceeds from depreſſion of the ſcul, or inflammation of the brain, is to be cured by other Medicines, that is not our part here to handle.

Of the Palſie.

But if the Apoplexie end in a Palſie of the ſides, or other members, as it uſeth, having obſerved thoſe univerſals, for the proviſion of whole body and brain, 'tis neceſſary oft in the week to provoke ſweat.

Half an ounce of the Apoplectick Spirit of the Elder is uſeful here; alſo two drachms of the rob of the berries in Sage water.

Or, *Of the extract of the Robob of the Elder, drach.* 5. *and an half. Antimony diaphoretick, moſt white, half a drachm.*

Of which every morning give to the Paralitick, they being exactly mixt, 1 drachm in 2 or 3 ounces of the decoction of the root of the great Burdock, and command him, that being

being well lapped in his bed, he ſwet for half an hour; and that he may ſweat more freely and fully you may mix with the potion half an ounce of the Apoplectick ſpirit of the Elder.

Topicks.

The enervat, or hanging members are twice a day to be rubbed, firſt with hard ſharp clothes; afterward with the ſpirit drawn out of the berries, and inebriate with the eſſence of Cephalick herbs. So thoſe groſs and viſcid humors that trouble the nerves, and compreſſe them, and ſtop the paſſage of the animal ſpirits, will be attenuate, and diſſipate, and the ſtupified ſpirits will be raiſed and allured.

Nevertheleſs, leſt by theſe hot, and much drying ſpirits, the matter it ſelf and nevres ſhould be hardned, you are to mix with the oyl of the infuſion of the flowers of the Elder a third of the oyl drawn from the Kernels of its berries, and this will attemperate the

too

too too much exſiccating heat, and nevertheleſs digeſt and conſume the matter. In this caſe likewiſe, the decoction of the root of the Elder and *Ebulus* in ſimple water is much praiſed.

And ſeeing oft times the Palſie of the tongue, and difficulty of ſpeaking remains, the tongue is oft times to be rub'd, and humectated with a ſponge, dipped in the Apoplectick ſpirit of the Elder.

CAP. VI.

Of Catarrhs.

IN this the Wine prepared of the flowers and berries, is much commended, becauſe it excellently purgeth the body of that ſerous inundation, of which, after you have taken a little broth, drink a cupfull in the morning.

The ſimple Powder of the buds of the Elder, taking a ſcruple thereof in a

ſoft egg, or in ſome ſyrup, or in a ſpoonful of the Oximel of the Elder in the Spring, or Harveſt, for 14 daies each morning, and faſting two hours at leaſt after it, doth mightily conſume the Catarrhous matter. Or inſtead of the Powder uſe the Conſerve of the buds, mixt with the third part of the Conſerve of the flowers; the Doſe *ounc. s.*

If the body ſtand in need of greater evacuation, exhibit once or twice the polichreſtick powder of the buds.

The ſalt of the Elder by it ſelf, or mixt with the third part of the volatile ſalt of Ambre, doſe *ſcrup.* 1. is eſteemed likewiſe the ſpirit of the Elders ſalt, taking weekly ſix drops thereof, or more in broth made of fleſh.

Alſo, a ſpoonful or two of the ſpirit of the berries and flowers, taken with crums of bread and ſugar.

Concerning other things, eſpecially ſweetning, which is ſometimes conducible to conſume the matter in this

this diſeaſe, read the precedent Chapter.

CAP. VII.

Of the Toothach.

SEing this diſeaſe oft flowes from defluxions, thoſe things are to be firſt uſed that are ſet down in the former Chapter.

Topicks.

We will onely preſcribe here Topicks made of the Elder. *Raymund Minder*, in his *Military Medicine*, *cap.* 10. commends much the decoction of the roots in Wine and Vinegar, uſed to gargariſe with, and proteſts that no one Medicine ſooner eaſeth this great pain.

For Example,

Take of the roots of Elder cut in ſlices, two ounces and an half.
Of Elder, or ſimple Vinegar, of white Wine, of each ſix ounces.

Boyl them for a water to waſh the mouth

mouth, which is oft to be ſpit out, and renewed.

Or, *Take of the middle Elder bark,*
Of Elder flowers, of each an handfull,
Of Fews ears one.

Boyl them likewiſe in a ſufficient quantity of Vinegar and Wine, and uſe it. Where there is a ſuſpicion of worms in the hollow tooth, the hollowneſs is to be filled with the ſpongiola of the Elder; at laſt it is to be held hard betwixt the teeth: Likewiſe the vapor of the former decoction may be received through a funnel at the mouth.

They make Tooth-pickers, and Spoons of Elder, to which they attribute much in preſerving from this pain. The common people take theſe tooth-pickers, being bloudy with pricking and picking the tooth, and glew them to the Trunk of an Elder, which is irradiated with the morning Sun beams; they pull away the bark, and cover the place with roſin of the

Pine

Pine: and thus they cure all tooth-aches.

'Tis not apparent by what vertue this is done; when, may be, that is attributed to the inciſion, which ought to be attributed to the blood-ing, or time of continuance, wherein moſt diſeaſes are eaſed. But we leave every man to his judgement, *Scal. Exerc.* 183. *ſect.* 11.

If from a defluction, the gums and cheeks do ſwel, anoynt them with the oyl of the infuſion of the flowers of the Elder, and put the dregs or craſſa-ment of them to it, for they will di-geſt and reſolve it.

CAP.

CAP. VIII.

Of the Affects of the eyes.

P*Laterus Tom. 2. praxeoſ.* hath obſerved, that Chirurgeons uſed to apply to ſore eyes a Pill of the Elder, macerated in common, or Roſe water, or other convenient, to mitigate the pain.

The water of the flowers of the Elder, mixt with a like proportion of Roſe water, wounderfully mitigateth ophthalmike pains, and ſtrengtheneth the ſight; into which ſometimes preparcd tutty in a knot is to be put, to eaſe the itch, and a ſpunge of the Elder, macerated in Pennyroyal water, to be applyed to the nuke or hollow of the neck.

This following liquor anointed on the eyelids with a feather is profitable.

R. Elder flowers gathered in the month

month of *June*, before the riſing of the Sun, and picked from their ſtalks as much as you will; beat them in a Marble Morter; and in a glaſs well ſtopped, expoſe them for a month to the rayes of the Sun; them let then be involv'd in a leavened Rie loaf, and baked with other bread in an oven; which being taken out and opened, you ſhall find an oleaginous liquor, which you muſt carefully preſerve in another glaſs for your uſe.

The tender and recent leaves, with polent or barly meal, applyed to inflammations, doth mitigate them, by diſſolving and digeſting, as was taught before by *Dioſcorides*; which may be uſed externally in Ophthalmies, general Medicines being premiſed. Or rather uſe this Cataplaſme, which did much help in a more vehement tumor of the eyelids, whereby the whole eye was hid. Make of the Mucilage of the ſeed of Pſyllium, and Linſeed, extracted by the beſt water of Elder flowers, of each ſix drachmes, add of

Elder-

Elder oyl half an ounce, and as much meal of the flowers as will ſuffice.

Make thereof a Cataplaſm.

The little ſpunge of the Elder macerate well in the beſt water of the flowers til they ſwell great, do wipe away gallantly the dirt and matter in thoſe blemiſhes, and in all other wounds and ulcers of the eyes, immediately laying thereon a tender and recent Elder leaf.

They ſay that the aſhes thereof blown in the eye, hath conſumed a beginning Pannicle.

CAP. IX.

Of the Diſeaſes of the Ears and Hearing.

FOments of the decoction of Elder, and Camomile flowers, mitigates the pain of the ears. The oyl of the infuſion of the flowers may be with profit anointed; or adding the meal of the flowers, make thereof a Cataplaſm,

plaſm, which is to be applied hot to the whole region of the ears.

The difficulty of hearing, through groſs humors and vapors that poſſeſs the auditory organs, is greatly helped after you have uſed univerſals, and the polychreſtick buds of the Elder, by the vapor of the decoction of the roots and leaves of the Elder, made in a fit Lixive, in the which Lixive, if you add Origanum, the ears are to be oft waſhed, and ſtill well dried.

The ſame vapor takes away the tingling, whiſtling, and other ſounds of the ear, which are alſo remedied by a drop or two of the oyl of the flowers of the ſecond or third deſcription, being put on a bombaceous tent, thruſt in the ears, for it conſumes and diſſipates the flatuoſities, from which theſe ariſe.

Some who ſuſpect the unctuoſity of the oyl, uſe after the ſame manner the ſpirit of the flowers and berries; chiefly the apoplectick, which by its penetrating force

force doth diſcuſs them egregiouſly.

The juice preſt out of the recent leaves, with a little Wine, and inſtilled in the ears, doth cleanſe the filth of the exulcerate ears, and kill the worms. It doth likewiſe cleanſe and conſolidate wounds and ulcers; of which in his proper Chapter.

CAP. X.

Of the Defects of the Noſe, and Smelling.

THe beſt Water of the Flowers of the Elder, oft drawn up in the noſe, doth help the ſmelling, that is diminiſhed by ſome great ſickneſs.

In the exulceration of the noſe by a ſalt defluxion, the water of the flowers and bark are profitable, ſeeing they deterge, dry, and conglutinate.

In a greater exulceration, where the fleſh is too proud, the ſpirit of the ſalt is needful, which being mixt with

the

the reſt, it conſumes the proud fleſh, and hindreth further putreſaction. See the Chapter of curing ulcers.

Gabel Rover doth commend the Spunges that grow on the ſtock of the Elder, being dryed, pulveriſed, and given in a fit liquor, for ſtaying the Hemorage of the noſe.

Tragea Granorum actes, which is deſcribed in the cure of the Dyſcentery, is good in this caſe. The doſe half a drachme, or two ſcruples, in a ſpoonful or two of *Quercetans* Corralline Syrup, or in the Styptick red Wine, or in the diſtilled water of the Sperm of Frogs, Shepherds purſe, or Purſlain, *&c.* or make a Powder of the equal parts of Tragea, and the little ſponges, which is both to be taken in the mentioned liquors, and lightly and eaſily to blown into the noſtrils.

CAP.

CAP. XI.
Of the blemiſhes of Face and Head.

IF you waſh the face oft with the diſtilled water of the leaves and flowers of the Elder, it cleanſeth and drieth up all pimples and puſtles of the face.

Diſpenſatories affirm, that the oyl of the infuſion of the flowers mundifieth and makes clear the skin.

In Lentiginibus, commonly called Freckles, by ſignature, a decoction of the flowers in water is commended; for the flowers of the Elder are ſpotted, *Oſwald Croll. de ſignaturis. Dioſcorides* teacheth, that the juice anointed, makes the hair black. This will be a profitable experiment to thoſe that endeavour to make their red hair black; albeit the colour be more comely in many, than ill favoured. What we muſt allow to thoſe old Ruffins that are aſhamed of their white locks, *Galen* hath taught us,

hath taught us, *l.* 1. *de Compoſ. Medicament. ſecund. Loc. c.*3. and this tranſcurſorily occaſioned by *Dioſcorides* his words.

Take Elder roots cut very ſmall, adding a little of the ſeed of *Staphis agriæ* made in a Lixive, wherein waſh the head that is full of ſcales & lice. The ſame decoction heals the Tineam or Favum in children, if it be over ſtrong and painful, dilute it with the decoction of the flowers and leaves. The pain is likewiſe mitigated by the anointing of the oyl of the infuſion of the flowers, if after waſhing it be anointed.

The oyl expreſſed out of the berries and kernels, and mixt by ſtirring, with a third part of Turpentine, and anointed, doth cure by drying and cleanſing, all ulcers of the head, the whole Elder leaf after being applyed. *Oleum Saccharo ſambucinum* is likewiſe commodious.

CAP. XII.

Of the Diſeaſes of the Mouth and Throat.

THe Common Women, ſo ſoon as they ſuſpect any Diſeaſe in the Throte of their young ones, they ſteep the ſponge of the Elder in their drink, and when it is ſweld, they therewith carefully wipe away all the filth of the pallat, gums, and tongue.

The expreſſed juice of the leaves mixt with ſimple or Elder honey, doth abſterge and exſiccate egregiouſly all the ulcers of the gums and throat: If therewith they be anointed by a pencil, or if it be diſolved in the water of the leaves and bark, and gargariſed therewith.

You ſhall add more vertue thereto in deterging, in purifying, if you mix a little of the ſalt of the Elder therewith, or diſſolve the ſaid juice in a weaker

weaker Lixive, and uſe it as a Gargariſme.

If the ulcers be more malignant, and the product of the great Pox, 'tis neceſſary that twice or thrice a day you rub them with a ſponge or pencil dipped in the ſpirit of Elder berries, wherein a little of the flowers of Sulphur hath been diſſolv'd, and immediatly after waſh them with the decoction of the leaves, and beſprinkling them with the ſmall flower of the Elder pith.

The Tonſils being tumefied by a thin and ſaltiſh defluxion, let them be gargariſed with water, or decoction of Elder flowers, wherein a little Elder-hony hath been mixed; for licking the Rhob of the Elder, inſpiſſated with Sugar, is commodious; which is our womens common and uſed Medicine; you may uſe the ſyrup of the juice of the berries, or infuſion of the flowers, or the hony of either.

Outwardly anoint them with the oyl of Elder flowers infuſion, which doth reſolve it.

In the Squinancy, having firſt uſed univerſals, to the foreſaid Gargariſm add ſome leaves of Self-heal, with one or two of the ſponges of the Elder, called by many Jews ear, which is a ſure experiment. *Lob. in Adverſ. Novis ſtirp. p.* 434.

The Linctus muſt be the former, only add ſome pulveriſed Jews ears; or make this Eclegme; Take Jews-ears two or three, let them ſharpen an hour or two in a ſufficient quantity of the water of Elder flowers; then let them boyle lightly, and them in a Marble Mortar, and put them through a Setace; add unto this Muſilage as much as is needful of the Syrup of the juice of the flowers and ſugar, as will make a Linctus, which you may oft uſe; beſides, it opens the belly.

Outwardly apply an Anadyne Cataplaſm, which doth digeſt and reſolve, made of Elder leaves, and Reddiſh ſtalks, pounded and boyled in the oyl of the infuſion of Elder flowers,

ers, to the conſiſtency of a Pulticle.

The Acetoſes Syrup of the Elder, diſſolved in the decoction of Barley, and given as a Julap when 'tis neceſſary, tempereth the heat of the blood and whole body. See afterward the cure of the continued Fevers.

In ſpitting of blood *Tragea granorum actes* is profitable; whereof we have made mention in the tenth Chapter, which being taken in ſome convenient Syrup, is to be uſed for a Linctus.

CAP. XIII.

Of Dyſpnei and Aſthma.

THat thoſe things may be remov'd in theſe diſeaſes, and expectorat, which are gathered through the proper imbecility of the Lungs, uſe the water of the flowers, in which a third part of Elder Oximel is diſſolved, and as Julap twice a day drink two or three ounces thereof, it

cuts the groſs matter, and facilitateth the expectoration thereof.

The ſame Oximel thickned with Sugar-candy, and taken off a liquorice-ſtick like a Linctus, and ſwallowed leaſurely, worketh well in expectoration.

The Syrup of the flowers of the Juice of the Berries and Buds, *&c.* are wholſome taken after the ſame manner.

The Bark of the Elder entreth that famous Oximel, Helleborat of *Geſner.*

The ſpirit of the berries in a great Diſpnœa is profitable, half a ſpoonful, or a ſpoonful thereof taken with ſugar.

Uſe this following Aſmalick, or Pneumatick Spirit, if you pleaſe.

Take of the middle Elder bark Liquoriſh, well ſhaven, ſix drachms.
Of the roots of Allacompaine, of Florentine Ireos,
Of each two drachms.

Of

Of the whole herb Eryſimum, two handful.

Of Fennel-ſeed half an ounce.

Being cut, and ſhaked together, infuſe them in a ſufficient quantity of the ſpirit of *Granorum actes*, in which let them ſtand ſeven days, every day twice ſtirring all together; afterward let them be diſtilled in Bal. Mar. for the Pneumatick ſpirit of the Elder, which in time of neceſſity is to be taken either by it ſelf, or dulcerat with a little ſugar, or the ſyrup of Violets.

Or with the ſame with Canary-ſugar, or of Madara, prepare the oyl of the Elder-ſugar as followeth. Take of this Pneumatick ſpirit rectified, as much as you will, mix with it half the quantity of Sugar; fire the ſpirit with a wax-candle, or light paper, ſtir it hither and thither with a knife, till all turn to a thick and oily liquor, and the flame ceaſe of it ſelf. Uſe it as an Eclegme with a ſtick of Liquorice by it ſelf; or mix with an equal part of Elder Oximel, it mightily moves ex-

pectoration, &c. 'tis profitable to anoint the breast in the greatest difficulty of breathing with the oyl of Elder-flowers of the first description; you may mix therewith some drops of the oyl of the flowers of the third description.

In suffocating Catars, besides these abundantly declared, it availeth much, if in the time of the fit, you put a sponge dipped in Elder-vinegar to the nose, and therewith wet the crown of the head.

CAP. XIV.

Of Hoasting and Hoarsness.

WOmen with great success, give to their coughing unquiet children, the recent Rob of the Elder, which is more liquid.

In older, the Linctus of the Oyl of Elder-sugar is profitable.

In that wild Cough, where corrupt mat-

matter is exercat, and more corruption feared, this is much praiſed.

Take of the Elder-leaves recent, or dried in the ſhadow, M. 1. boil them in a quart of Fountain, or clear River water, to the conſumption of a third part; the ſtrained drink is to be ſweetned with Sugar-Candy, or ſcummed hony, of which every day, morning and evening, drink a warm draught.

The ſame is commended in hoarſneſs proceeding from a Catar, that fils the inequalities of the wind-pipe, or *Arteriæ Aſperæ*.

Or where more deterſion in neceſſary for the ſame effect, there is a fit Lixive prepared of the aſhes of the leaves with the water of the flowers, which being ſweetned with ſugar or hony, is to be oft taken by ſpoonfuls in the day. This, if any thing, will take away hoarſneſs, & is a great ſecret amongſt women, as the giving their own proper urine to the diſeated to drink, which is loathſom to many.

To make a clear voice, this is a ſecret of *Alexis*.

Take of Elder-flowers dried in the Sun, and pulveriſed, of which drink a little every morning in white Wine faſting.

The Cough and hoarſneſs proceeding from heat in feavers, is excellently remedied by a Linctus of the Syrup made of the juice of Elder-berries, with equal parts of the Syrup of Violets.

If you liſt, and have leaſure, you may make Elder-ſugar in imitation of Violet-ſugar-candy, Cinnamon, or Roſe-ſugar; of which in theſe pectoral diſeaſes, hold ſome ſtill to be diſſolved in your mouth, that by little and little it may deſcend into *Aſpera Arteria*, or wind-pipe. 'Tis thus made.

Take of the beſt Canary-ſugar *lib.* 6. let it melt and boil in the fragrant water of the flowers, till it acquire a fit thickneſs, for making up tablets: Then infuſe the freſh juice preſſed

from

from the berries, well purified, or the frequent infuſion of the flowers, as you pleaſe to have the colour, *lib.* 2. on a ſoft fire boil them to the conſiſtency of a ſyrup, then in a glaſs, or earthen pot, put ſticks in order, two fingers broad aſunder, and pour the liquor hot thereon, and in a warmed ſhop, the veſſel being bound up in a thick Cotton cloth, leave it there to congeal. See more of this in the famous Botanicks *Pena* and *Lobel p.* 20. *adverſ. Nov. Stirpium & Caſ. Baubine, lib.* 1. *c.* 19. *de comp. Medicam.*

CAP. XV.

Of the Pleuriſie and Phthiſis.

IN a baſtard Pleuriſie 'tis a very ſafe and us'd Medicine, if there be no fever, to provoke ſweat, by taking the Rhobob *Granorum macies* in the water of Elder-flowers, or *Cardui benedicti*, ſeeing it ariſeth from the ſerous

and

and flatulent humors that fall betwixt the Pleura, and intercoſt all muſcles, *&c.*

In a true Pleuriſie, where there is a continual fever adjoyn'd, proceed more warily: For after the uſe of univerſals, the rob, water, and ſpirit of Elder-flowers are not to be much feared here, ſeeing with ſucceſs we uſe hotter ſudorificks of the bleſſed and milky thiſtles of the ſimple and compoſed ſpirit of Vitriol, *&c.* for many expert men acknowledge a malignity in theſe humors, which *Paracelſus* likeneth to Auripigmentel Poyſon which doth corrode the life like a fire. *Dioſc. lib.* 5. *c.* 121.

Pectorals.

For the expectoration of the matter in the Lungs, uſe them that are weak, as the ſyrup of the flowers and berries inſpiſſat with ſugar, or Elder candied-ſugar, likewiſe the water of the flowers inſpiſſat, & ſupped down,

you

you may mix with theſe ſome of the *Tragea Gran. Actes* for the ſpitting of blood.

Topicks.

Externally anoint with the oyl of the infuſion of the flowers with the fat of a Capon, or ſaltleſs May-butter, or foment oft the ſide with linnen dipt in the water or decoction of the flowers and leaves of the Elder; for by ratifying the skin and parts, they digeſt & reſolve thoſe ſharp vapors and humors: Or take Elder-leaves and flowers Camomile, of each an handful; make a decoction in milde beer, which put in a Cows-bladder, and after the opening of a vein, being oft in the day applyed warm, it did wonderfully eaſe a Smith in my Country, whoſe wife I counſelled to do ſo.

Of the Phthiſis.

In preſerving and curing the *Phthiſis*,

ſis, beſides other things, the decoction for the wild cough, being taken by ſpoonfuls, and by little & little ſwallowed, is uſed with ſucceſs, ſeeing it proceeds from the ulcer of the Lungs, which requires deterſion, exſiccation, and conſolidation; and the leaves and flowers of the Elder mixed with a little ſugar or honey, work theſe effects; they think to ſatisfy all the indications by this decoction. But I had rather in this caſe, inſtead of ſimple ſugar & hony, uſe tabled ſugar-roſet, or hony-roſet ſtrained, and mix a ſcruple, or half a drachm of this following powder, chiefly were much arterious blood with the ſpittle is caſt up. Take of *Tragea Gran. actes drach.* 1. of Jews ears dryed in a Furnace. *Oculorum Cancri præp. an. drach.* and half, Saffron Oriental, *ſcrup.* 1. *ſugari roſat.* tabled, *drach.* 2. being all pulveriſed well, mix them together exactly; in the mean time you are to have an eye to the prime cauſe of this ulcer, whoſe knowledge is to be found elſewhere.

George

George Arnwald in his *Panacea, p.* 29. commends the unction of the oyl of Elder-flowers in a Phthiſis.

CAP. XVI.

Of the affections of the Duggs.

SEeing the Duggs of women oft-times, by reaſon of the ſudden and abundant affluxion of blood, for the generating of milk, chiefly after their delivery, uſe to be inflamed; or as the blood is of thinner conſiſtence, and hotter, uſe to have an Eryſipelas, or Roſe; the following receipts may ſafely and ſecurely be applyed.

In Inflammations, the *Caput mortuum*, or the cake of the flowers of the Elder with the red Vinegar thereof, in one Eryſipelas, let it be bedewed with the diſtilled water of the leaves and flowers of the Elder, and ſo applied warm: For it digeſts and reſolves that which hath flowed in, and

is

is compacted, and doth moderately by reaſon of the Vinegar repel the inflammation, & extinguiſh the heat of the blood. Anoint he hardened kernels of the dugs with the oyl of the infuſion of Elder-flowers, and put the leaves of the Elder thereupon.

For the exulcerat, the *lac aureum*, or Golden-milk is moſt fitting, being made of the common or elder Lixive and the oyl of the infuſed flowers and bark, mixed by hard ſhaking and ſtirring together; in which linnen being dipt, and wrung afterward, is to be applied warm to the ulcers: 'Tis alſo profitable, for the more haſty and happy perfecting of the cure, to blow on it the powder of Elder-leaves. So the ulcer, whatever it be, ſhall be cleanſed, dryed and dighted; view theſe in their proper places.

I knew a woman, whereof I made mention in the fourth chapter; which oft being taken with the Roſe in her paps, who having taken the Rob of the Elder, and provoked ſweat mode-

rate-

rately in her bed, uſeth to apply no other Medicine to the diſeaſed part, but a knot of red fine linnen, wherein Elder-flowers are ſewed ſo ingeniouſly to avoid all the exulceration which would have enſued.

CAP. XVII.

Of Swouning and Faintneſs.

THe Vinegar of Elder-flowers, imbib'd in a ſponge, recovers thoſe, as it were, from death, that are ſubject to ſwounings and faintings upon every the lighteſt cauſe or occaſion; for it excellently refreſheth the ſpirits; for which Phyſicians highly prize it, being mixt with other cordial Epithemes.

In this alone dip linnen cloths, and apply them to the pulſes of the temples of the wriſts, & near the ankles.

Or make this Epitheme, wherewith the face and the palms of the hands are to be waſhed. *Take*

Take of the water of the flowers of the Elder, 3 ounces.

Of Incarnation Roſes, 2 ounces.

Of the Vinegar of Elder-flowers, half an ounce.

The Vinegar of red Berries, two dra. mix them.

Tragea Granorrum actes made after this manner, is much commended.

Take of the Tragea of the grains of the Elder.

Of choice Cinnamon, of each one drach.

Of Cloves, Galangale, of the flowers of the Elder without the ſtalks, of of each one ſcruple.

Of Sugar Roſat, of Anthoſat tablets, of each two drachms and an half.

Make all into a fine powder, of which give to the diſeaſed half a drachm in Wine, or ſome other convenient Liquor.

How Women that faint by reaſon of the matrical diſeaſes, are to be helped by the Medicines of Elder, I have ſet down in the 26 chap. Cap.

CAP. XVIII.

Of Fevers in general.

And 1. *Of intermitting Fevers.*

THe common people, as ſoon as they find the firſt touch of a Fever, they take the Rob of the Elder in the Vinegar, ſpirit, or water of the flowers thereof; and ſo in their beds, being well covered with cloths, diſpoſe themſelves for ſweating, which the Phyſicians do not diſapprove, ſeeing experience proves, that Fevers by theſe are many times prevented and diſſipated.

This ſeems to be the moſt probable reaſon thereof, That that putrid filthineſs is by this means diſcuſſed without delay, and the body rarified; which, if it had been left longer in the body, without doubt would have daily encreaſed the corruption, & given vigor to the Fever; as is learnedly

diſcour-

diſcourſed by the famous *Sennert*. in his Treatiſe of fevers. But have a care that this be only done in the beginnings of fevers, and in ſuch bodies as are not full of the rubbiſh of corrupt humors, otherwiſe 'tis more ſafe and ſound to open the parts and paſſages of the whole body by Emetick and Cathartick Medicines.

Emeticks and Catharticks.

The purified Oyl expreſſed out of the kernels of the berries, is commended in ſtrong and luſty bodies, 1 dra. or a drac. and half thereof, being taken in the broth of fleſh; for it gently moveth vomit, and looſneth the belly, not without a ſingular good temper of the body.

For the ſame uſe, the juice expreſſed out of the bark of the roots, are commended, being taken in the ſame, or a greater quantity. *Bernhard Gordon* in his Treatiſe of preſerving mans life, biddeth us take ſo much, as the half

half of an egg ſhell will contain.

Concerning the Wine made of the infuſion of the bark of Elder roots, which provoketh vomit, and emptieth the belly of corrupt humors, read the 28 Chapter.

The Oyl made of the infus'd flowers and bark of the Elder, being drank from one ounce to three, provoketh vomit, and purgeth the belly; the ſame alone, or in a decoction, may be given in a Clyſter.

The Polychreſt powder of Elder buds, doth not only purge both the biles, but alſo phlegm and ſerous humors; whereof drink in hot and tertian feavers, in whey; but in cold and quartanes; in Wine a ſcruple, or a drachm or 4 ſcrules, as the ſtrength of the diſeaſed will admit.

Or let pils of Tragachanth be fomented with this, or ſome ſyrup or muſilage, ſo that above them the mentioned liquor be drank.

In young ones, the ſyrup of the juice of the berries, of the buds or bark, &c. ſuffice.

The

The commons praiſe this, Take a cup full of Goats milk whey, which holds about four ounces, macerate therein half an ounce of the middle bark of the Elder dried in the ſhadow; being ſtrongly preſt out, drink it warm in the morning,

In which a few things are to be obſerved: That the commons are fully perſwaded, and call experience to witneſs, that if thoſe middle barks be pulled downward from the Tree, it emptieth the body of evil humors by purge; if they be pulled upward, it worketh by vomit.

The truth of which, as I dare not call in queſtion ſeeing I know the ſame thing is aſſerted of *Aſſarum* by ſome Phyſicians; if notwithſtanding it be free for me to give my opinion without prejudice to others, and the truth, I believe we ought rather to aſcribe the effect to the conſtitution and peculiar property of the receivers, or to the nature of preſent humor. I will ſay nothing now of the imagina-

tion

tion, whereby the receivers perſwade themſelves, the Medicine will work downward or upward, which they endevour to help by ſundry waies, by motion, compreſſion of the belly, ſuppoſitors, thruſting their fingers in their throats, and ſo forth.

Nevertheleſs I will not deny that the bark, and whole Elder alſo, hath divers vertues in purging the noxious matter, by divers places; nevertheleſs I doubt that theſe are rather to be aſcribed to the divers pulling it off the Tree, then to theſe cauſes mentioned, and other more weighty, which I leave to the ſerious conſideration of the learned, and proceed.

That the ſtalks and leaves of the hearbs, being boyled, doth purge phlegm, is manifeſt out of *Dioſcorides*; to which nevertheleſs the ſprigs or ſprouts are preferred, if in the Spring time, in which they are to be found, they be macerated a little in hot water, and prepared with oyl and vinegar, and be eaten ſparingly before

before ſupper, in place of a ſallet; for they gently looſe the belly, unlock the obſtructions of the Meſentery, and being frequently eaten, deliver and preſerve from contumacious feavers.

Inſtead of theſe the Conſerve of buds, mixed with the Conſerve of the flowers, is profitable; of which take daily an ounce, half an hour before ſupper, in the water of the bark.

Cutting Medicines.

In ſuch feavers, which are lengthened from the cramming of the Meſeraick veins, and from the groſneſs and toughneſs of the humor, *Oxymel Sambucinum*, diſſolved in the diſtilled water of the flowers, or barly water; and daily on the intermitting daies drank an hour or two before ſupper is commended.

The Cryſtallized ſalt of the Elder, taken from half a ſcruple to a whole is profitable; alſo ſix drops of the ſpirit of the ſame, taken in the broth

of

or fleſh; for all theſe do powerfully open obſtructions and cut aſunder the groſneſs and toughneſs of the humor, they cleanſe the bowels and veſſels, and both by urine and ſweat diſſipate the feveriſh matter. See more in the 23 Chapter.

Before the Fit.

Internal Medicaments.

Thoſe which are uſed before the Fit are of two ſorts; for ſome of them move vomit and the belly, others provoke ſweat.

When in time of the fit the matter tendeth upward, which is known by the ſudden ſtraitneſs of the breſt, by the ſtretching of the Hypocondriac, by nauciouſneſs and propenſity to vomit, give him a ſpoonful or drachm and a half of the oyl preſſed out of the berries kernels in warm Ale, and by putting your finger in his throat haſten the vomit.

Joseph Quercetan in his 1 Book, and 8 chapter of Dogmatick Pharmacy, asserteth that this following decoction is excellent in intermitting fevers, quotidan and quartan.

Take Elder-roots and bark, of each ounce 1. of Asarium drachms 3. of good Cinnamon drachm 1 and an half, boyl them in milk. This decoction at one and the same time moves vomit and sedge. Let it be taken at the beginning of the fit, and reiterate if it be needful. If the body be evacuate, and nature encline to sweating, before the fit use these following.

The Rob of Elder in greatness of a Walnut, being mixed with half a drachm of the powder of the blessed Thistle, and swallowed and drinking vinegar above it, and afterwards, two hours before the fit, provoking sweat in bed, is an usual Medicine.

Or make this mixture; Take half a drachm of the extract of the rob of the Elder, and half a scruple of the salt

of

of the Elder; mix them, and form of them with the powder of Hearts-horn, Pills; which are to be taken in a ſpoonful of the ſyrup of the berries: two hours before the fit give the half thereof to the younger and weaker complexions.

In Fevers leſs hot, eſpecially quartans, two or three ſpoonfuls of the ſpirit of the Elder-berries, given before the fit, is commended.

There are ſome which diſſolve this following powder in it before, and they cannot praiſe enough this Medicine in more obſtinate quartans, eſpecially if the day before the fit the ſtomach, and other veſſels nutritive, be well purged by the oyl preſſed out of the ſtones of the Elder-berries.

Take of Hearts-horn prepared, without burning of the fineſt Antimony diaphoretick, of each half a ſcruple; let them be exactly powdered.

Neither is the heat of this ſpirit here to be feared, ſeeing in the ſame

fevers, *Galen*, and other famous Phyſicians, preſcribe Theriack, Methridate, Myrrh, the ſpirit of Wine, the water of *Zedoary*; for a hard knot muſt have a hard wedg: And experience proves, that theſe Medicines, being adminiſtred before the fit, do not only ſtop the fierceneſs of the fit, but likewiſe quite overthrow the fever; which before would neither yield to preparing nor purging Medicines; the reaſon is, becauſe the feveriſh matter at that time is more moveable, and being prepared by nature it ſelf, more eaſily followeth the courſe of the Medicine.

Externals or Topicks.

This Topick is commended to be applied to the pulſes. Of Elder & Lavender leaves, of each half an handful, of ſalt half as much. They being pounded well, incorporate them with the oyl of Elder, that they may become a paſte; whereof apply one half to the wriſt

wriſt of the right hand, and the other to the wriſt of the left, and bind them with a rowler wet in Elder-vinegar.

Fœlix Plater, in the ſecond part of his Practice, hath this, Take of Elder, Rue, Marigolds, and Nettle-leaves *ana m.* 1. let them be pounded with ſalt and vinegar, and let them be applyed.

A double linnen cloth dipt in the ſpirit of *Granorum actes* is applyed with a great deal of comfort to the belly, chiefly to the ſtomach before the fit, in a quartan; for ſeeing the fuel of the evil is ſetled in theſe places, if it be not altogether routed by the application of this Epitheme, yet it will be much weakned.

To take away the ſhaking, and mitigate the chilneſs, the back-bone is to be rubb'd with the ſame ſpirit being hot.

2. *Of continual and burning Fevers.*

In continual and hot Tertian and burning Fevers, where the heat is more intenſe, and great drought tormenteth the Patient, make this Julap.

R. Of Fountain or River-water, *lib.* 3. of Elder-vinegar ounces 3. of the fineſt Sugar ounces 2. let them boyl together a little in a fit veſſel; unto which, being warm, add one drachm of Cinnamon in powder; let them cool of themſelves in a cloſe veſſel, and ſtrain them through *Hyppocrates* ſleeve for a Julap.

Of which give the patient oft in the day, it extinguiſheth the feveriſh heat, cuts the groſs and tough matter, cleanſeth the thin and bilous, unlocks obſtructions, it purgeth humors that offend through their convenient places, and by its acceptable acidity it ſharp-

ſharpneth the appetite, and refreſheth the ſtrength.

This ſame is performed by the acetory ſyrup of the Elder, deſcribed in the next Chapter, which is to be diſſolved in Barley-water, till it come to the conſiſtency of a Julap.

For example, Take the ſharp Elder-ſyrup *ounc.* 3. ſimple Barley-water *lib.* 1. mixed, or Oximel of the Elder *ounc.* 2. clear Fountain-water *lib.* mix them, give four *ounces* or more of this, and ſuch like, at each time; otherwiſe if you give leſs, and only once or twice a day, they rather encreaſe than diminiſh heat. *P. Egineta lib.* 2. *cap.* 36. for as Charcole in a Smiths Forge, being beſprinkled with water, burneth more ardently; ſo the feveriſh heat is rather kindled than quenched by drinking ſparingly.

That you may extinguiſh the intemperate heat, and refreſh the vanquiſht ſtrength, inſtead of an Epithem apply to the pulſes the Vinegar of Elder-flowers mixed with Roſe-water,

and imbibed by double or treble linnen cloths.

To looſe without danger in theſe fevers the bound belly, the ſyrup of the juice of the berries is convenient, of which diſſolve two or three ounces in the water of Elder-flowers; uſe it inſtead of a Julap, and drink it, for it gently looſeth the belly, and evacuateth the feveriſh matter.

CAP. XIX.

Of the Peſt and Peſtilential Fevers.

IN curing and preſerving from the Plague, great is the uſe of the Elder. A little ſponge being wet in Vinegar of the Elder, and carried in a hollow globe made of Juniper-wood, and ſmell it, it mightily ſtrengtheneth the ſpirits againſt the impreſſion of the infectious contagion.

Red hot bricks, being beſprinkled with

with this Vinegar, and a vapor raiſed, it doth diſſipate the contagious virulency, ſo that it cannot inſinuate it ſelf in mens houſes and cloths. By what means it may be indued with an Antilemick force more efficacious, ſhall appear by what I will now ſay.

Rob of the Elder and the extract prepared of it, here are excellent: The firſt whereof is named by many. The Country-mans Theriack, of which each week to ſwallow the bigneſs of a Walnut, and drink above it its proper Vinegar, and ſo to ſweat in bed, is a commonly received preſervative. This may be fitly uſed by thoſe who are infected with the Plague, eſpecially if you mix with it ſome of the anti-peſtilential powders; or at leaſt drink above it three or four ſpoonfuls of Antilemick Vinegar of the Elder.

The ſame Rob chiefly it that is moſt recent, being ſpread more thickly on a ſhive of bread, and eaten an hour or two before your meat, looſneth the belly; in whoſe place you may give a

ſpoonful or two of the ſyrup of the juice of the berries.

It is enough to ſwallow ſometimes in a morning before you go out the greatneſs of a peaſe of the extract.

Robob, and the Extract Antilemick of the Elder.

R. Roots of Tormentilla,
Buterdock,
Of Pimpanels,
Of Angelica,
Leaves of Scordium,
Berries of Juniper, of each half an ounce.

Macerate the roots 24 hours in Elder vinegar, afterwards dry them at leaſure, and being powdered by themſelves, add the leaves of Scordium, and berries of Juniper, likewiſe in powder; mix them all together, and with the Vinegar that remained beſprinkle them, and work them moſt exactly with a pound of Rob Sambuci, in form of an opiat: Of which give

to

to the infected perſon two drachms in a convenient liquor, to provoke ſweat, and thruſt out the poyſon from his heart. Of which alſo beſprinkled with the ſpirit of Elder, you may prepare the extract that is ſet down in the ſecond Section and firſt Chapter of this Book. The doſe given to the infected is one ſcruple or drachm in convenient liquor.

The ſpirit of the Elder by it ſelf is here very powerful, both in preſerving, a few drops thereof being taken with a little white bread in a morning, and likewiſe in the beginning of the diſeaſe, a ſpoonful or two being taken thereof before the feveriſh heat be powerful.

But that ſpirit is far more noble, which is drawn off by an Alimbeck in the preparation of the Antilemick extract; ſeeing from the volatile eſſence of thoſe Bezoartick ſimples it hath carried much with it. Or at leaſt infuſe thoſe ſimples in the ſpirit of the Elder, & being macerated therein

for

for a few days, let it be ſtrained, for the Antilimbeck ſpirit of the Elder, whoſe vertues in curing and preſerving cannot be praiſed enough.

By the ſame Alexitaries, and chiefly by the roots of *Angelica* and Juniper-berries, if the red Elder-vinegar of my deſcription be impregnat with them, it becomes Antilemick Elder-vinegar; which is not only a vehicle to other Alexipharmacal Medicaments, but moreover it may be taken by it ſelf, when the intenſe heat and fever will not admit of the ſpirit, or other more hot medicines.

Some drops of the ſpirit of Elder-ſalt given in the broth of fleſh is a preſervative.

Neither is it unwholſom, if once or twice a week in the morning, an hour or two before dinner, a cup full of the wine prepar'd of the berries be taken but remember to take before it a little broth; for it looſneth the belly, hindreth putrefaction, and by reaſon of the Bezoartick vertue of the ber-

ries,

ries, it preſerveth the body from contagion.

At ſupper drink a cup full of the wine prepared of the dried berries, which ſtrengtheneth the ſtomach.

A ſpecial Topick Oyl.

Some greatly commend in the Pleague this oyl.

Take the flowers of the Elder, fill therewith a Cucurbit, or a more ample Glaſs, to the middle; ſtrew upon them Marſh Mallows, and tops of Hypericon, of each ſo much as only the fourth part of the Glaſs ſhall remain empty; powre thereon ſo much ſweet clear Oyl-Olive as will cover the flowers; cloſe exactly the mouth of the Glaſs *ſigillo hermetico*, or lute it; and through all Summer or for three months ſet it in the Sun, that the heat of the Sun may draw the vertues out of the flowers into the oyl; then having ſtrongly preſſed the flowers, ſtrain the oyl, and being purified by ſetling,

ſetling, reſerve it in a well cloſed veſſel; unto each ounce of which, before you uſe it, add a ſcruple of Sal Nitre.

Some prepare it ſuddenly thus, They take the oyl of infuſed Elder-flowers, as much as is neceſſary, in it they immerge the flowers of the Marſh Mallows and Hypericon, and boil them together in Bal. Mar. for ſome hours; afterwards they expreſs ſtrongly the flowers, and ſtrain it; in the ſtrained oyl they immerge recent flowers, boil them, preſs them, and ſtrain them; and afterward add Nitre.

The way of uſing it is this; The whole body of the infected perſon within 24 hours is to be anointed with this oyl warm, and being wrapt in warm ſheets, he is to be laid in a warmed bed to ſweat; for they affirm that it is proved, that by this only remedy many have ſafely eſcaped the fierceneſs of this poiſon: which unction, as it is not diſapproved, ſeeing it openeth the pores of the skin, and

by

by them draws out and diſſipates the peſtilential infection and malignity, and by conſequence is uſed commodiouſly, not only in the plague and peſtilential fevers, but alſo in other malignant and chiefly ſpotted fevers: So we are to be very wary, leſt in this ſharp and dangerous diſeaſe, we neglect to uſe the internal Bezoarticks & Alexiterix already mentioned; but rather ought to join them with theſe, that with united forces both ways, internally and externally, they may vanquiſh the malignity.

It ſeems this hath come from the *Egyptians*, of whom *Alpinus* in his 4 Book and 15 Chapter relates, that they uſe this medicine in peſtilential fevers, in which the ſpots are either begun to appear, with great profit, at leaſt once a day uſing this hot liniament, after which, without delay, they cover the feveriſh with many cloths, endeavouring to draw the poiſonous humor from the bowels to the skin.

Con-

Comforting and Altering Medicines.

Leſt the diſeaſed in ſweating altogether faints, we ought to hold often to his noſe a ſponge dipt in the Antilemick Vinegar of the Elder; for this Vinegar doth powerfully diſſipate theſe narcotick vapours, and recreate the ſtrength. It is likewiſe to be applyed to the temples with linnen cloths.

To eaſe the heat and thirſt you are oft times to give to the diſeaſed, in and after his ſweat, ſome ſpoonfuls of the Julap which is ſet down in the Cure of burning fevers; or prepare this acetous ſyrup of the Elder, which in provoking ſweat, in reſiſting putrefaction and contagion, in ſtrengthening the heart and other intrails, is far more excellent than the common acetous ſyrup, by reaſon of the Alexiterous vertue of the Elder.

Take clear Fountain-water lib. 3.

White

White Sugar lib. 2. *and an half.*

Boyl them on a clear fire of Charcole, till the half be conſumed, ſcumming them well in time of boiling: After add ſharp Elder-vinegar *lib.* 1. and an half, boil them again on the conſiſtence of a ſyrup: You may, to procure a more ſweet ſmell, in a knot of fine linnen infuſe in it an ounce of Cinamon groſly powdered, and ſometimes wring it.

The ſyrup being cold, let it be kept in a galli-pot; of which give oft ſome ſpoonfuls by it ſelf, or diſſolve it in the diſtilled water of Burrage, ſweet Roſes, Elder, Scabious, or ſuch like.

The Cure of the Buboes and Carbuncles.

Apply to Buboes peſtilential, and Carbuncles, a Plaſter made of the meal of Elder-flowers and Hony, which is excellent in ripening theſe tumors.

Or take of the oyl more ſpecial, which

which juſt now was ſet down, Of crude Hony, of each half an ounce; of Salt Ammoniac drach. 1. of the Meal of the flowers and leaves of the Elder, of each as much as ſufficeth, let them all be exactly wrought, till they become like a plaſter.

Some apply the feces of the flowers macerated in oyl, and preſs it out, which they call Stymma.

Some roſt Onions under the aſhes, and pound them, and mix them with the Rob of the Elder, and apply them as a Cataplaſm to the riſings of the skin.

Amongſt other veſiccatories, which is applied happily to theſe contumacious lumps, the famous *Sennert.* recites theſe following.

Take of Muſtard-ſeed, of middle Elder-bark, equal parts, pound them with Vinegar in form of a Cataplaſm which is to be ſpread on a white linnen cloath.

Or, *Take of the leaves of the Elder, of Burrage,*

Of

Of Muſtard-ſeed,

Of Rancide Nut-kernels, equal parts.

Let them be pounded and applied, having firſt anointed the place round about with Theriack.

The Apoſtume being open, and become an ulcer, a linament made of hony and the juice of Elder-leaves is to be applied; which every day, twice a day, being put in with lint tents, it dighteth away the quittous, and mundifies the ulcer: the oyl preſſed out of the berries kernels, and mixt with the third and fourth part of Turpentine oyl, is much praiſed. See the reſt in the Cure of Ulcers.

CAP.

CAP. XX.

Of the Small Pox and Meaſles.

SEeing theſe ſpots and puſhes depend upon that putred and malign humor, which nature, troubled with it, doth expel to the skin and external parts; it is commodious to commit the whole buſineſs to nature, if ſhe work righly and effectually.

But ſeeing, before they break out, a fever doth poſſeſs thoſe tender bodies, which is unknown whether it be a token of the Pox and Meazles, or of pituite putrefying in the ſtomach, or neighbouring parts: It is commodious to give to Infants a ſpoonful or two of the infuſed flowers: For if it be the Pox, it cauſeth them to ſtrike out; if it be putred pituit in the ſtomach, it gently purgeth it.

If it be to one of riper age, give him one or more ounces, adding according to his ſtrength, yea on the firſt day, & before

before nature go about to expel the Pox, of the Polichreſtick powder of the Elder-buds, a ſcruple or half a drachm, whereby nature being diſburdened of the ſinck of the firſt region, more happily and eaſily may expel the reſt, which is mixed with the maſs of blood.

After this, the water of the Elder-flowers given in ſpoonfuls is good: for it ſtrengeheneth the heart, and thruſteth forth that putred and malign humor, both in children and in thoſe that are older; it may be ſweetned with ſyrup of the berries. Which, if they come forth more ſlowly or ſparingly, beſides internals, we muſt uſe unctions; of whoſe matter and manner we have ſpoken in the former Chapter.

Alpinus teſtifies, that the Egyptians have none more excellent and familiar in all their Pox and malignant ſpots than theſe. And our women would do well to follow their foot-ſteps, forſaking old wives fables, which oft times

times bring not ſo much help as hazard. Nevertheleſs we are to have a care, that a little after we wipe the whole body with ſoft and warm linnen cloths, in a warm place, free of all cold.

To quench thirſt where the feveriſh heat is more vehement, and the ſtrength more vanquiſht, uſe thoſe Julaps we have mentioned in the cure of Fevers.

But if you perceive by the continued hoſt, that the Pox hath ſeized on the lungs, abſtain from theſe ſharp things, and inſtead of them, uſe the ſyrup of the flowers or of the juice of Elder-berries, being thickned with Sugar, for a Linctus: The diſtilled water of the flowers of the Elder, ſweetned with the ſame ſyrups, is to be uſed for a Julap to ſtrengthen the inteſtines, and prevent a flux; mix with it *Tragea granorum actes*.

CAP.

CAP. XXI.

Of the Diſeaſes of the Stomach.

A Weak, cold ſtomach, and of hard digeſtion, is helped by the Spirit of *Granorum actes*, which doth greatly ſtrengthen the ſame, conſumes corrupt phlegm, and helps concoction: being taken with a little fine white Bread and Sugar, in quantity a ſpoonful or two.

The Stomatical ſpirit of the Elder.

Is more efficacious, and is this:

Take of our Acorous roots and Ginger, of each half an ounce.
Of Mynt Criſped, one handful.
Of Fennel-ſeeds and Aniſe-ſeeds, of each two drachms. Being cut and pounded, pour upon them the ſpirit of the grains of the berries of the Elder, that it may be four fingers deep above them. Let them infuſe twelve,

twelve or fourteen days, every day ſtirring them about. Afterward ſtrain or diſtil from them the ſtomatical ſpirit, whoſe uſes are many: For it is not only to be taken inwardly, as we have ſaid; but likewiſe externally to be applied to the cold and weak ſtomach with linnen; for it helps difficulty of concoction, ſtops vomit, and mitigateth all pains and ſobbings, which proceed from a cold temper or windy humor. If there be nauceouſneſs or vomit, with oppreſſing of the heart, and difficulty of breathing; it is ſuſpicious that theſe effects proceed from tough phlegm, or ſome other putred humor gathered there; then give two ounces of the oil of infuſed flowers, or bark of the Elder, with black water; and by thruſting the finger in the throat provoke vomit; or give a drachm of the oil drawn out of the berries and kernels in a draught of warm Ale, & haſten vomit.

By which means any thing that's trouble to the ſtomach will be caſt up, which

which being done, give a ſpoonful of the ſtomatical Elder-ſpirit or ſimple, well ſweetned with Sugar, and imbibed in the heart of the Rie-bread for ſtrengthening the ſtomach.

That Wine which is prepared of the dried berries, as we appointed, is altogether ſtomatical, and greatly helpeth the weak and windy ſtomach; whereof you muſt drink oft, chiefly in time of ſupper a cup full or two.

Neither is it to be objected that *Dioſcorides* ſays, That Elder is hurtful to the ſtomach, ſeeing he ſpeaks there of the crude and unprepared, which we acknowledge is hurtful to the ſtomach, as ſome preparations thereof likewiſe are; but experience it ſelf doth atteſt, that this wine, and other medicines thereof, have great vertue in corroborating and comforting the ſtomach.

The ſpirit of Elder-ſalt, taken in ſix grains or more, weekly in fleſh-broth, doth cleanſe the ſtomach, and ſtir up appetite.

In the burning of the ſtomach and Cardialgia, proceeding from hot bilous humors, which hath flowed into it from other parts, or hath been ingendred and corrupted there, if it be needful, you may give a vomit of the oyl preſſed out of the kernels. The acetous ſyrup of the Elder deſcribed in the 19 Chapter, is profitable; whereof give an ounce for a doſe, diſſolved in two or three ounces of Barley-water. Or make this powder:

Take of *Tragea Granorum Actes, ounces 2.*
Oculi Cancrorum prepared dr. 1.
Sugar roſat. in tablets.
Sugar perlat. half an ounce, mix them.

Of which give a drachm in two ſpoonfuls of the ſyrup, which we now commended.

CAP.

CAP. XXII.

Of the diſeaſes of the Inteſtines.

1. *Of the Colick.*

BEcauſe, beſides a bare diſtemper, a pituitous humor, a vitrious or flatulent uſeth oft to be the cauſe of the Colick; therefore their encreaſe are to be cut off.

Wine prepared of the berries or flowers work this effect leaſurely: Likewiſe the water of the bark and roots, mixt with a third part of the ſyrup of the juice of the buds and infuſion of the flowers; which wonderfully mitigate pain; whereof take oft an hour before meat, for preſerving you four ounces.

Or where nature is more ſtrong, give a half or whole drachm of the Polychreſtick powder of the buds in the ſyrup of the flowers made thin with Wine.

To diſſipate wind, mitigate pain, and looſen the bound belly, uſe this Clyſter.

Take of Elder-leaves two handfuls.

Of Elder-flowers and Cammomile-Roman-flowers, of each an handful.

Of the ſtones of Elder-berries dryed drach. 2.

Being cut and pounded boil them in pure wine, or wine of the Elder, till the Colature come into eight ounces, add,

The oyl of the infuſed flowers three ounces.

Of Elder-hony two ounces.

The Yeolk of one Egg; mix them, and make a Clyſter, apply it hot.

The ſpirit of the berries is of great vertue here, becauſe it diſſipateth not only in the ſtomach, but in the inteſtines alſo, all meſcuſneſs of pituite and other viſcid humors. By its great diaphoretick vertue, it diſſipateth all thin and ſerous humors in the inteſtines, it warmeth by its penetrating heat

heat the intrails, made cold by drink, air, *&c.* and ſo taken, both inwardly, and anointed, it ſtilleth the huge pains that ariſe thence.

I know a Church-man, who by this ſpirit in a ſhort time diſſipateth the Collick, which is familiar to him, and upon the leaſt occaſion bred.

In place of this uſe the ſpirit of the flowers well purified from its phlegm, *&c.*

The diſtilled oyl of Elder-flowers imbibed in ſilk, and applied to the navel with a ventoſe, is a moſt gentle paregorick.

Whereof alſo give four drops in a ſpoonful of the ſpirit of flowers or berries. The ſpirit of Elder-ſalt, given in the water of the flowers, or in broth in the quantity of ſix, or ſeven, or eight drops, by his cleanſing and diſſipating vertue, preſerving from the Collick: But if you perceive by the thirſt intenſe heat, and conſtitution of the patient, that theſe pains ariſe from the abundance of hot and ſharp boylous

humors,or ſome other hot cauſe; you are to uſe theſe things which I have ſet down in the former Chapter, in the heat of the ſtomach; unto which add the ſyrup of Elder-flowers,which is either to be taken alone, or made thin with the beſt ſtilled water of Elder-flowers.

II. *Of Worms.*

THe Chryſtaline Salt of the Elder preſerveth and freeth from worms: It robs them of their nouriſhment, kills them, and purgeth them out. The doſe is, from half a ſcruple to half a drach.or two ſcrup.

For thoſe of riper years,which are troubled with worms, you are to prepare in the Spring-time a diſh made of Elder-buds, delivered from their bitter naucious taſte, by the effuſion of boyling water, with oyl, ſalt, and vinegar, which is to be uſed as a ſallet before ſupper: For the oyl cloſeth the breathing places of the worms,

and

and maketh the belly ſlippery: Salt and vinegar cleanſe, cut, and kill the worms. The Elder-buds do looſen the belly, purge the worms and thruſt forth their fuel. That this ſallet may be more pleaſant, you may add ſome tender leaves of ſorrel, which likewiſe reſiſt worms. At other times the powder of the buds taken in the morning for a few days, a ſcruple at once in broth, is commendable.

Give to more delicate perſons frequently a ſpoonful of the ſyrup of the juice of the buds; with which mix half a ſcruple of prepared Hearts-horn. Some preſs out the juice of the recent leaves, and mix it with honey, or honey-roſet, and give it ſometimes before other meat, and by this means kill and purge out worms.

Where the ſtomach and inteſtines are furred and filled with a greater quantity of tenacious putrid pituit mucilage; give twice or thrice the Polichreſtick powder of the buds in their ſyrup.

3. *Of Lienterick and Celiaick Fluxes.*

ALbeit at the firſt ſight the Elder ſeem not fit for fluxes; notwithſtanding in Lienteries & Celiaick fluxes, where the meat and drink are either in that form in which they were received, or elſe half concocted, and not much altered, voided out of the body ſooner than was fitting, by reaſon of the weakneſs of the retentive faculty of the ſtomach and inteſtines, proceeding for the moſt part from a cold and humid diſtemper, the ſpirit of *Granorum Actes*, both ſimple and ſtomatical, is uſed with a great deal of profit. Therefore a ſpoonful or two of it is oft to be given with Rie or Wheat-bread; or being imbibed in a double linnen cloth applyed to the ſtomach or abdomen.

Moreover, *Tragea granorum actes*, & the cordial powder prepared of it, is profitable; whereof give twice a day,

day, *viz.* morning and evening before meat, a drachm in three or four ſpoonfuls of generous wine.

For drink in time of meat you may uſe wine prepared of Elder-berries dried, Cinnamon and Cloves.

4. *Of the Diſſentery.*

IN the Diſſentery, which is a bloudy and painful emptying of the belly. *Oſwald Crollius*, from their ſignature, commends the Elder-berries; of which the Chymiſts, but chiefly *Quercetan*, in *lib.* 1. *cap.* 2. of his *Dogmatick Pharmacy*, deſcribes this Tageam, communicated to him by D. *VVolfius*, Profeſſor in the Univerſity of *Marpurg*, ſo often mentioned and commended by me in this Treatiſe.

Preſs the juice out of the Elder-berries when they are ripe, which is in Autumn; of which Juice and Rye-flower make paſte, work it well, and thereof make little Cakes, which in a Oven are to be baked to the hard-

neſs of Bisket, that they may be reduced to a ſubtile powder; which powder is again to be imbibed in the juice and made in paſte, baked and pulveriſed as before. And this is to be done the third time.

At laſt, all being done, reduce it again to a ſubtile powder, it will keep long, and is a hid ſpecifick againſt a Diſſentery. Take a drachm of this, and as much of the powder of a Nutmeg, incorporate them well with a ſoft roſted egg, and ſup it up.

This is called *Tragea granorum Actes*, that is, a powder of the grains of Elder. And thus far *Quercetan.*

Others prepare it thus: Take Riebread hot out of the Oven, moiſten it with the juice of Elder-berries, and bake it again in the Oven; being dry again, moyſten it with the juice of Elder-berries, and do ſo four or five times; then reduce this bread into powder, whereof take a drachm alone or a half, with as much nutmeg-powder. Of which ſee the famous *Sennert.*

nert. in the 10 Chapter of the Treatiſe of the Diſſentery. But a care muſt be taken that the belly be not over ſoon ſtopped, but place muſt be left for the evacuating of ſharp humors, leſt that befal which hapned to the Maid mentioned by the learned *Fernel.* in *lib. 6. cap. 9. Pathol.*

Therefore to purge the ſharp humors, and mitigate the cruel pain, give two or three days before you uſe the Aſtrictive, in the morning, one ounce or one ounce and half of the ſyrup of Elder-flowers, prepared by three infuſions in three ounces of Barley-water, or in the water of Elder-flowers. You may with profit add to this one ſcruple or half a drachm of white Mechoacan ſubtilly pulveriſed; for it gently purgeth and bindeth the belly.

After three days are paſt, and we have uſed all neceſſary evacuations, & clangings, and pain for the moſt part is ceaſed, then we may more ſafely uſe our *Tragea*; for it doth not only reſtrain

reſtrain the belly; but together with this gives a contrary motion to theſe ſharp and ſalt humors, by little and little diſpoſing them for ſweat, if it be taken twice a day, morning and evening, mixt after this manner, yet with a faſting ſtomach.

R. Tragea Gran. Actes, drach. 1.
The Spirit of the flowers of the Elder Gutt. 35.

They being well wrought together in a Marble Mortar, pour on it by little and little,

The water of Tormentil-roots an ounce and half.
The Syrup of the juice of Plantain half an ounce.

Mix them and uſe them hot, they will diſſipate the malignity by ſweating and evaporation, and will bind the belly by ſtopping the flux of the humor.

The ſame things may be uſed in a Diarrhœa or white Flux.

5. Of

5. Of Conſtipation or Boundneſs.

THe leaves of the Elder are commended to thoſe that are in health to open their womb, by *Egineta*, and *Hippocrates* in his ſecond Book of Diet.

This ſame is performed by the diſtilled water of the leaves and bark, with which a third part of the ſyrup made of the infuſed flowers, or of the juice of the berries or buds, is to be mixed with it, to make them of a more pleaſant taſte.

The ſame ſyrups being taken alone looſneth the belly; or drink a draught of wine at your breakfaſt, or in the morning, having taken a little broth; or take a drachm of the powder of the buds in Plum-broth or a ſoft roſted Egg: Or uſe in the place of this the conſerve of the buds. The recent Rob of the Elder ſpread thick upon a ſlice of bread, and eaten before other diſhes, is our Wives domeſtick Medicine,

cine, which they uſe likewiſe in their Infants and Children whoſe bellies are ſtopt longer than ordinary; for this Juice is moſt pleaſant and familiar to children, chiefly if in time of thickning of it you do add a little Sugar, as hath been told.

VI. *Of Hemmorhoides.*

THere is nothing more excellent to eaſe the pain of the Hemmorhoides than a ſtove or fomentation made of the flowers of Elder and Verbaſie or Hony-ſuckle in water or milk: for in a ſhort time it eaſeth the greateſt pain. I experimented this firſt in a Countrey Miller, then in a City Baker: which both did wonder at the ſudden eaſe, and have great quantity of the flowers in readineſs beſide them, to uſe when neceſſity ſhall require.

The anointing with the oyl of the infuſed flowers, mixed with a third part of Unguent Populeon, is Anodine.

Or

Or take of the infuſion of Elder-flowers, half an ounce.

Of Elder-kernels and Yeolks of Eggs, of each two drachms.

Of white Wax enough making, according to art an Unguent.

To ſtay the Hemmorhoides in a night a ſingular Cataplaſm is made of Elder-leaves boiled in water, to the conſiſtency of a Poultice, and mixed with Oyl-olive ſpread on a ſcarlet cloath, and apply it warm to the Hemmorhoides: being oft renewed through the whole night, the Patient lying on his face, is commended by *Alexis* in his Secrets.

By what means their flux is to be ſtopt is ſet down in the ſtopping of the Hemmorhoides in the noſe, and monthly terms, and in ſtopping the blood in wounds.

Mark, that for the falling of the Anus, amongſt other things, the outmoſt bark of the Elder is commended by *Mindererus, cap.* 7. *M.M.*

CAP.

CAP. XXIII.

Of the Obſtructions of the Meſentery, Liver, Milt; from whence proceed both the Faundies and Scurvy.

TO hinder and cure the obſtructions, drink in the morning and the beginning of the repaſt, a cup full of the wine of Elder-berries, for ſome days and weeks; for it cutteth the thick, tartarous, ſerous and bilous matter, it cleanſeth, evacuateth, and by opening obſtructions and purifying the blood, gives the body a more freſh colour; eſpecially if once at leaſt of the week you mix with it a half or whole drachm, according to the parties ſtrength, of the Polychreſtick powder of the buds.

In theſe diſeaſes this following powder is commended.

Take of the Elder-buds dried in the ſhade drach. 2.

Of

Of Cryſtalline Elder-ſalt ſcrup. 8.
Of Wormwood ſcrup. 4.

Make of all a ſubtile powder, and give a ſcruple, or half a drachm thereof in broth in the morning for many days, commanding him to faſt four hours, and uſe moderate exerciſe. Thoſe that are not pleaſed with the powder may form it into pils, with the rob or juice of the berries, & drink broth above it.

A Lixive made of Elder-aſhes, prepared with wine or the water of the flowers, powerfully unlocks obſtructions, and attenuateth and changeth bilous and tartarous humors. Whence it is a profitable Medicine in the Jaundies, ſome ſpoonfuls thereof being taken morning and evening, dulcerat with ſugar, hony, or Elder-hony.

Oximel *Sambucinum* taken in an ounce and half weight diſſolved in the water or flowers of the bark is more meek and pleaſant.

Or where the heat is greater, and a Fever joyned, an ounce and a half of the

the acetous ſyrup of the Elder, diſſolved and given at one doſe.

Some commend four or ſix drops of the oyl of the flowers of the ſecond deſcription in a ſpoonful of the ſpirit or beſt water of the flowers; give it twice a week, and command moderate exerciſe.

In this caſe the ſpirit alone, the rob and its extract are ſafe medicines. For whilſt the ſink of the belly is emptied by the Polychreſtick powder of the buds, they provoke ſweat by their penetrating vertues, they unlock the obſtructions and crammings of the Meſentery, Liver, Milt, and Gall; and cut and prepare the thickneſs of humors.

The yellow middle bark is commended by his ſignature for the yellow Jaundies; by *Crollius de Signaturis rerum*. 'Tis therefore to be macerated in wine with two or three Jews ears; of which ſtrained, drink a ſound draught morning & evening. Or you muſt uſe the diſtilled water thereof;

or

or the ſyrup made of its juice: For beſides that they open the belly and evacuate hurtful humors, the Medicines prepared of this bark, have great vertue to open all obſtructions.

Six drops of the ſpirit of Elder-ſalt taken in broth, is commended.

In the Scurvy, having premiſed theſe purging and cutting Medicines, the greateſt hope of health and helps is placed in evacuating the ſeroſities by ſweating: whence *Plater* affirms the rob of Elder-berries or Walwort to be very convenient, adding to three ounces of theſe one ounce of the ſyrup of Popie. The doſe drachms 2. The extracts of theſe are more convenient and penetrating, of which give one ſcruple, or one drachm, in a ſpoonful of the ſpirit of Elder-flowers, or of *Carduus Benedictus*, or of Scurvigraſs; and then let him provoke ſweat in his bed, or in a dry Bath.

To-

Topicks.

EXternally anoint frequently the Hypocondriacks, where thoſe bowels are placed, with the oyl of the infuſed flowers; which the ordinary and us'd Diſpenſatories affirm to cure the Jaundies, and help the ſtopt Liver.

In a hard and Scyrous Milt boyl the leaves of Elder in Wine and Oyl, to the conſiſtence of a Poultice, which are to be put through a Searſe or Setace, then mix therewith as much of the meal made of the flowers of Elder and Cammomile as will ſuffice; then apply it hot like a Cataplaſm.

This Cere-cloth, or Serat, is commended for mollifying and digeſting ſcyrous tumors.

Firſt, boil twice or thrice recent Elder-leaves in the oyl of the infuſion of Elder-flowers, ſtill preſſing the leaves well, before you put in new ones. Then,

Take

Take of the oyl ſo prepared ounc. 3.
Of the powder of tender Elder-leaves one ounce and half.
Of Turpentine and yellow Wax, enough.

Of which apply every day to the place affected ſome of this ſpread on a piece of Leather, cut like a Cowes tongue, and covered with a fine linnen cloth.

The Scorbutick perſons, amongſt other ſymptoms which I have neither time nor place to mention, are troubled with a pain in the ſoals of their feet and tops of their fingers, which the famous *Sennert.* affirms to be cured by this:

Take of Elder-flowers two handfuls, boil them in Wine, adding two drachms of ſope ſpread on a cloth, and applied to the diſeaſed part.

CAP.

CAP. XXIV.

Of the Hydropſie, and its kinds.

1. *Of Aſcites.*

SEeing this depends of ſerous humors, fallen into the Abdomen; and ſeeing the vertue of the Elder is to exſiccate and draw water from the belly by the conſent of *Dioſcorides* and all Phyſicians; there is no man that doth not perceive that the Elder is of great vertue in this diſeaſe.

Purging Medicines.

First then boil in Wine, in a cloſe veſſel, thoſe middle barks of the Elder, with one or two Jews-ears; ſweeten the decoction; and for ſome days give it to the diſeaſed party morning and evening to drink.

Some praiſe this; Take of the middle bark ſubtilly grated, as much as you

you will, boiled in a ſufficient quantity of Goats-milk, that being put through a Searſe, it may acquire the conſiſtence of a ſyrup or honey; of which give an ounce, or an ounce and a half, for certain days in white wine. The water of the ſucculent middle-bark, diſtilled in the Spring-time, and given with a third part of the ſyrup made of the juice of the buds, or roots, is uſed in two or three ounces weight.

Quercetan in the firſt book and ſeventh chapter of his *Dogmatick Pharmacy* commends this purging water of the berries; Take the ſeeds or berries of the Elder and Ebulus, perfectly ripe, which is in Autumn; out of theſe with a preſs draw out the wine or juice, ſhaking out the inmoſt kernels, and mixing them with the reſt, diſtil them.

This water, which is Cohobat thus upon the dregs, hath a notable efficacy in purging, & chiefly of ſerous humors; let it be aromatized with Cinnamon,

namon, Coriander prepared with the juice of Lemmons, and ſuch like; it may be given to Hydropick perſons from one ounce to two. Thus far *Quercetan.*

For example, R. Of the water preſerved ounces two, Syrup or juice of the berries and buds, of each one ounce and half mixed. Of this compoſed water you may ſee more in the cited place of *Quercetan.*

Of the Wines we have often made mention before, chiefly in the ſecond Section; nevertheleſs we will ſet down this of *Quercetans*, in his firſt Book and ninth Chapter, becauſe it differs little from others; The ſeeds are to be preſt, and the juice drawn out, which being mixed with a double quantity of the Muſt of the beſt white wine, is to be put in a Hogſhead of convenient bigneſs, till it be fully digeſted and fermented.

Note, That it is better if it be done in a cloſe Hogſhead, that is, if the Hogſhead be not altogether full; but

but at leaſt the third part be left empty, and be well cloſed that nothing do exhale. Which being done, and the fermentation being in a moneths time finiſhed, the hogſhead is to be opened, and to be filled up to the brim with wine, wrought after that manner with the juice of berries in another hogſhead.

This wine doth purge all ſerous humors, and much helpeth Hydropick perſons; the doſe is a cup, leſs or ſmaller as the ſtrength of the perſon is.

Dioſcorides writeth, that the root being boiled in wine, and given to Hydropick perſons in their meat, doth help them.

Whoſe juice being preſſed out, doth purge upward and downward like Antimony, as *Mindererus* witneſſeth in his *Military Medicine, cap. 6.* So that we are to uſe it warily, and only ſo much in quantity as the half of a Walnut-ſhell will hold, as he honeſtly informs.

He commends there likewiſe a Sallet made of the buds, oyl, ſalt, and vinegar, which we have ſet down in the cure of the inteſtine diſeaſes. *Foreſtus lib. 19. obſervat. 44.* affirms, That by long experience he had learned, that the leaves of Elder being put in Hydrogogick decoctions, do excellently purge water, chiefly in the Hydropſie.

The ſame *Foreſtus* in the ſame book and 87 *Obſerv.* hath this, The bark of the root of the Elder reduced in a Succus, the doſe is two ounces, in fragrant Wine. *Benedic. Veronenſis* writes, that ſome give four drachms of the juice of the bark of Elder-roots. Others give for 9 days together the juice of Elder-bark-roots in a pretty quantity, or an ounce in the waning of the Moon, and ſo cure Hydropick perſons: for it bravely purgeth water, as the middle bark of the Elder doth likewiſe. *Nicholas* at one time gives ſix ounces of the decoction of middle Elder-bark: The ſame man

giveth

giveth two or three drachms of the juice of the Elder, and of the juice of Ebulus four drachms to an ounce. Some give the juice of the middle-bark of the Elder with Oximel. Thus far *Foreſtus*.

And this I have ſet down, that all may know there was great difference of the doſe amongſt the Ancients. Nevertheleſs let him obſerve faithfully *Mindererus* his doſe, till he know the vertues exactly of each.

Muller in his Medicinal Myſteries ſaith, This is the perfect cure of the Hydropſie; *R.* Of the juice of the recent roots of the white Lilly, and of the juice of the green middle-bark of the Elder, of each one ſpoonful. Take it in common water or thin Oximel ever after three or four days: This purgeth the belly ſtrongly. For the tumors that are left about the knees, feet, *&c.* lay to them the leaves of the great Bur-docks, for they draw out the water.

The Polychreſtick powder of the

buds in a drachm, given in white wine ſweetned with Oximel of the Elder, or ſyrup of the juice of the berries is commended in this diſeaſe.

Or, *Take of the Polychreſtick powder of the buds four ſcruples.*
Of Gum of Peru of Galingale, of each half a ſcruple.

Make an exact mixt powder, it is to be given in what liquor you pleaſe, at two times to a patient that is not yet weak; for it powerfully evacuateth ſerous humors.

If the form of powder diſpleaſe you, work it with the ſyrup of hony of Elder in form of Pills, or with the Rob of Elder in form of a Bole.

Hydroticks or Sudorificks.

If by theſe Catharticks the body be emptied well enough, then you may ſafely proceed to Sudorificks & Diureticks: For if we proceed otherwiſe, the whole ſtream will be devolved on the reins and ureters, where-

by

by the gathering together thereof grievous ſymptoms will ariſe.

The Rob of the Elder and its extract are Sudorificks. The firſt whereof given in two drachms weight is commended by the *Auguſtans* for this purpoſe. The ſecond is to be in as many ſcruples, diſſolved in the water and vinegar of Elder-flowers for one doſe.

Or where the Liver is more cold, and the urine leſs red, give a ſpoonful or two of the ſpirit of the berries or tincture of the Elder, made thin with the water of the flowers, and ſweetned with the ſyrup of the juice of the berries. Then in bed or in a dry Bath provoke ſweat.

The ſpirit of the flowers is more gentle, nevertheleſs it excellently provoketh ſweat, and dryeth ſtrongly the water of the Hydropick perſon, eſpecially if it be well rectified.

Diureticks, and which move Urine.

Beſides thoſe rehearſed, theſe that follow are Diureticks. The ſalt of the Elder with a third or equal part of the ſalt of Wormwood. The doſe from a ſcruple to half a drachm.

The ſpirit diſtilled from the ſalt powerfully moveth urine, and drieth moiſture; ſix drops thereof are to be given in broth ſome days.

Where the bowels are more hot, and the urine more red, which is oft-times a deadly token in Hydropick perſons, inſtead of theſe give three or four ounces of the acetous ſyrup of the Elder diſſolved in the water of the flowers and leaves, of each half a pound; whereof four or five ounces are to be drank before meat twice a day morning and evening. The poor mans Euporiſt, *viz.* A Lixive prepared of Elder and Juniper-aſhes, with one part of white wine, and three parts

of

of ſimple water, or the diſtilled water of Elder-flowers; whereof give a cup full twice a day to the Patient faſting, and command moderate exerciſe for half an hour or longer, if it be poſſible; add to it a ſufficient quantity of Sugar and Cinnamon, to make it ſmell and taſte more ſweetly.

The Experiment of Emylia, *Counteſs of* Iſinburg.

And ſeeing we have made mention here of Diureticks, I will not paſs by this Receipt of the Counteſs, by which alone ſhe cured many poor people of the Hydropſie; in which, albeit much is to be attributed to the potion it ſelf, nevertheleſs I aſcribe the chief effects of this happy Medicine to the wine prepared of the Elder-flowers and ſponges, which the Hydropick uſe in time of their cure; therefore I have ſet down the whole courſe of the cure, as it is faithfully

communicated to all the true Sons of this noble Art, by the famous *Finck.* in the 26 Chapter of his *Enchirid.*

Take of the old Acorns unſhelled,
Of the old roots of Parſley,
Of white Oculi Cancrorum, of each two ſcruples and an half.
Of Sugar,
Of Cinnamon, of each one drachm.

All are to be ſubtily pulveriſed and ſearced.

Before the diſeaſed perſon altogether lye down, firſt let him moiſten three ſhives of wheat-bread in ſtrong wine; may be it would not be beſide the purpoſe, if before in that wine he had macerated ſome Elder-flowers; then preſently let him ſprinkle upon theſe ſhives 4 ſcruples down weight of that powder, and at night before he go to bed, let him eat it, and go to bed and ſleep above them.

Secondly, on the day next following, early in the morning, let him eat as many ſhives of bread ſo prepared, and faſt one or two hours after.

Thirdly,

Thirdly, on the ſame day at night let him eat the ſame preparation, eating and drinking nothing above it, and ſo go to ſleep.

In the mean time this diet is to be obſerved; Let the diſeaſed perſon abſtain from fiſh, ſwines-fleſh, herbs, cheeſe, cold water, thin and ſuperfluous drink: Let him uſe wine prepared after this manner, which I eſteem to be the chief part of the cure.

Take of the whole dried umbels of Elder-flowers, three,
Of Jews-ears exſiccate in a dry air, two,
Of white wine two quarts; or for the uſe of a middle-child, one quart.

Let them ſtand all night in infuſion, and the patient may drink thereof at his pleaſure; but let him abſtain from all other drink till the tumor be evaniſhed.

Mark, if the patient by this cure find not an evident alteration, & abating of the tumor, he may after a fort-

night renew the cure; and without doubt, by divine aſſiſtance, he ſhall recover his former health.

Topicks.

Apply outwardly to the tumified parts a Cataplaſm of the juice of the Elder incorporate with Goates-dung, which hath an eminent vertue in digeſting thoſe ſalt & wateriſh humors.

Or anoint the tumified parts with the oyl of the bark and leaves, preſcribed before in the ſecond place; unto which add this ſame dung to give it conſiſtence.

The tincture drawn out of the rob and juice of the berries doth excellently diſcuſs and dry, if it be rubb'd on the belly and legs.

Or, take a ſufficient quantity of the leaves and bark, boil them in a common Lixive, wherewith foment the belly and tumified parts twice a day.

The

The vapour of which decoction, held under the Hydropick legs, draweth the ſerosity from thence, and diſcuſſeth it by ſweat; it muſt be poured on hot bricks in a cloſe veſſel, that the vapour may come to the heat.

Others bid the feet and legs only to be bathed in a decoction of the leaves, wherein a handful or two of common ſalt hath been diſſolved.

Note, that the pith of the Elder being preſſed with the finger, doth pit, as Hydropick feet do; therefore the juice of the Elder, and the diſtilled water of Jews-ears, are profitable. *Crollius de ſignaturis rerum*, hither you may transfer the example of the Hydropick and gravelly clown, as it is ſet down in the Chapter concerning the Stone, who was cured by the uſe of the pith of the Elder.

2. *Of Anaſarca or Leucophlegmatia.*

IN Anaſarca or Leucophlegmatia, having preſcribed lighter purges, you are immediately to proceed to Sudorificks and cutting Medicines, which we have ſet down, made of the juice, extract, and ſpirit of the berries, and ſo forth.

For by theſe the ſerofity that reſides in the muſculous fleſh, and ſwels the members, are diſcuſſed; and the deſired heat is reſtored to the cold and weak members, and the intrals appointed for nutrition are opened and ſtrengthened.

The wine of the flowers of the Elder is excellent for ordinary drink. By which alone 'tis manifeſt, that ſome after long fevers, and other chronical diſeaſes, becoming Leucophlegmatick did in an inſtant untumifie: wherefore may be that experiment of *Emylio* the Counteſs were more fit to be uſed

uſed in this than in the Aſcites.

Note, there was a certain Citizen of *Haina*, who for two years being vexed with a continual falling again into fevers, and after that became Leucophlegmatick through his whole body, by my advice he was cured by theſe following; Firſt, I deſired him to uſe wine wherein the Elder-bark and flowers, and the tops of wormwood in equal parts were infuſed, thereby to open the obſtructions of the Meſeraick veſſels, & to purge the ſerous & pituitous inundations of the firſt region. Of which every morning, after he had taken a little broth, he was to take a good draught. From which time, after the belly had for a few days anſwered the Medicine, I deſir'd him to ſwallow a pretty ſpoonful of Elder-rob, mixt with Hartshorn; and having drank Vinegar of the Elder, mixed with Wine, go to ſweat in bed; which being done twice or thrice, his whole body did detumifie; a more lively colour, and laudable

laudable appetite did return; neither to this day hath appeared any reſidity of Fevers.

While I was writing theſe things, a grave Matron told me this hiſtory; ſhe was almoſt threeſcore years old, being troubled for ſome weeks with a white Flux of the belly, ſhe fell into an Hydropſy, ſo that her belly & fleſh wonderfully ſwelling, her ſtrength marvellouſly decayed; her daughters being amazed and doubtful of their mothers health, they went to a Phyſician their kinſman, then famous in this Country, they earneſtly deſired his counſel & help; who, albeit he was terrifi'd by her weakneſs proceding from her age & ſickneſs, to uſe any cure; yet nevertheleſs through their intreaty he appointed ſome comfortable things amongſt which he chiefly commended the conſerve of Elder-flowers, and commanded each morning half an ounce ſhould be given her thereof, by which alone, through divine aſſiſtance;

ſtance, ſhe was in a ſhort time recovered, and lived till ſhe was fourſcore years old, to the great wonder of all thoſe that ſaw and heard it.

3. *Of a Timpany.*

SEeing of this diſeaſe the belly is ſo ſwelled of flatuoſities, that it ſounds like a drum, if it be beat on; and that theſe flatuoſities do proceed from no other cauſe than from a weak ſtomach; the ſtomach is to be ſtrengthened, and the flatuoſities diſcuſſed.

Theſe indications, a Purge being premiſed, if needful, are well ſatisfied by the ſpirit of *Granorum Actes* ſimple and ſtomatical, commended much before for a weak ſtomach, ſeeing it not only ſtrengtheneth, but likewiſe by his ſubtile faculty penetrateth the moſt ſubtile paſſages of the body, and diſcuſſeth all flatuoſities; chiefly if the doſe of the Carminant-ſeeds, of Aniſe and Fennel-ſeeds, be augmented:

ed: Give every day a ſpoonful, and anoynt the belly with the ſame.

Or, *Take of the Spirit of the Stomatical Granorum Actes, two ounces,*

Of the Elder-flowers, one ounce and an half,

Of white Sugar Candy puluveriſed, one ounce: mix them.

The doſe, one or two ſpoonfuls.

Benedict Victor Favorin. in 25 *cap.* of his *Empyricks* hath theſe: I ſaw a wonderful effect in curing the flatulent Hydropſie, every morning in the dawning this drink was given to the patient,

Take of the water of the roots of Danewort, two ounces.

Of the Elder, four ounces, mix them.

Continue without interruption this drink for thirty days, and a wonderful effect will follow. But I would ever add ſome of the ſyrup of the berries or flowers, ſeeing the diſtilled water given alone much troubleth the faſting ſtomach.

CAP.

CAP. XXV.

Of the Stone.

IN the Stone of the Bladder a Laxative of the Elder Locuſts, which is moſt uſeful in this and other diſeaſes, becauſe it only helps nature naturally to go to ſtool, *Petræus Noſolog. harm. diſſ.* 40. *Theſ.* 53.

The wine made of the flowers and berries help greatly here; for firſt they disburden the ſtomach and inteſtines of that ſerous and mucid humor, whereby pure Chyle, and leſs impregnant with thoſe tartarous tinctures is brought to the liver. Whence it is that the ſerous comes not ſo impure & muddy to the urinal paſſages. And beſides, if any ſlip be committed here, and the tartarous humor be gathered together in theſe veſſels, this wine changeth them, and with the urine thruſts them out of the body: Drink it faſting in the morning, the

doſe,

doſe a cup full, having ſupt a little broth before it.

An Anodyne and Emollient Clyſter may be made of the decoction of the flowers and leaves of the Elder; unto every eight ounces of the ſtrained decoction, add three or four ounces of the oil of infuſed Elder-flowers; if we will change more, pour this decoction through the aſhes of Elder-leaves a little, and mix with it, beſides the oyl, two ounces of Elder-hony.

The pith being cut and ſwallowed, is commonly much praiſed for moving urine, and purging thoſe dregs. And I know a man, who being troubled with the Aſcites and Stone, by the perſwaſion of a Country-woman, uſed only this pith; having avoided theſe dregs, and much ſerouſneſs daily by his urine, was cured of his Nephritick pains and Hydropſie.

There are ſome that cutting it in thin ſhaves, infuſed it in the ſpirit of the berries; and after a fortnight, preſs

preſs the pith ſtrongly and ſtrain the ſpirits, and give a ſpoonful of the Colature, which they commend much.

The Lithonthryptick Elder-ſpirit.

Take two ounces of the Elder-pith cut as is ſaid: put thereon as much of the ſpirit of the berries well rectified as will cover it. Let them ſtand ſeven days in a hot place, in veſſels well cloſed, that nothing evaporate. After preſſing the pith, ſtrain hard the ſpirit a few times: Put into the Colature ſome bruiſed Juniper-berries, *viz.* two ounces. Leave it likewiſe for two days in infuſion, in a hot place, in a cloſe veſſel: Afterward preſs it again, & ſtrain it. Again infuſe as much Juniper-berries into the colature, and leave it for three days in the infuſion, and again preſs it, and ſtrain it, and purifie it from all the feculent grounds, as much as you are able. And ſo you have the ſtone-break ſpirit of the Elder indued with

with the eſſence of Elder-pith, and Juniper-berries; which you are to keep in a ſtopt cloſe glaſs, whoſe uſe is excellent in breaking and expelling the ſtone, eſpecially if it be uſed as followeth.

Firſt, the nefritick perſon is to purge his belly with Polychreſtick powder of the buds, or with the Clyſter preſcribed a little before; and having anoynted his loynes with Elder-oyle, he muſt go into a Bath made of Peaſe-ſtraw and Mallows, the flowers of Elder and Cammomile; afterward let him drink a ſpoonfull of this ſpirit in white-Wine, and ſtay in the Bath till he avoid the Stone. And to avoid ſwouning, let him hold to his noſe a ſponge dipt in Elder-vinegar, and let him moiſten his pulſes with this ſame vinegar, or ſome cordial Epithem.

This Medicine hath its original from the experiments ſet down in the Dutch *Matthiolus*, and is called a wonderfull Medicine by *Muller* in his Myſteries Medicinal. Nevertheleſs

leſs this is to be preferred to that in reſpect of the vertues it hath from the pith, or ſpirit of the Elder, to break the ſtone.

A Stonebreak Eſſence, or Extract.

He that pleaſeth may prepare an excellent Eſſence, or Extract, againſt ſtony & tartarous diſeaſes, as followeth:

Take of the Pith of the Elder one ounce,
Of the dryed Berries of the Elder,
Of recent Juniper-berries, of each an ounce and half;
Of Liquorice mundified, ſix drachmes.

The Pith and Liquorice are to be cut in ſmall pieces, and the berries groſly powdered; being mixed, let them be infuſed in a ſufficient quantity of Elder ſpirit; and let them ſtand in a hot place for a fortnight together, ſtirring each day the glaſs, and ſtopping the mouth thereof

thereof well; that time being ended, put them in a linnen bag, and in a preſs preſs them ſtrongly; put the ſtrained liquor in a Cucurbit, and putting to the Alimbeck thereof, diſtil that ſpirit in Balneo, till that which remains in the bottom become as thick as hony, having mixed before with it two drachms of the Magiſterie or ſalt Ocular. Cancror. being mixed, keep them in a glaſs veſſel: whereof give from a ſcruple to a drachm diſſolved in a ſpoonful of that ſpirit that was diſtilled from them, and in the water of Linaria diſtilled with Rheniſh wine; obſerving thoſe things which were preſcribed before in the adminiſtration of the ſtonebreak ſpirit of the Elder.

The ſalt of the Elder is commendable in ſalt & tartarous diſeaſes, given alone or mixed with the former extract in a convenient liquor, 8 or 6 grains of the ſpirit of ſalt doth cleanſe theſe tartarous muddineſſes.

Dy-

Dyſuria and Iſchuria.

In the difficulty of making water, and in the not making water at all, theſe Medicines are excellent; ſeeing theſe ſymptomes ariſe from a muddy and mucid humor, or from a glewiſh toughneſs that obſtructeth the urinal paſſages.

But chiefly the ſtonebreak extract of the Elder is good in this caſe; whereof give a ſcruple in the water of the flowers of Vinaria, and the diſeaſed is to be fomented about the ſecrets with the decoction of the Radiſh and Vinaria. *Pliny* ſaith, that the ſtones being drank in two ounces weight move urine.

CAP.

CAP. XXVI.

Of the Affections of the Womb.

TO mollifie and open the ſecrets of a woman, and cure the diſeaſes about them, it is affirmed by *Dioſcorides* to be done by inceſſion, made of the Roots of Elder boyled in water.

1. *Of the ſtopping of the Monethly Terms.*

MAny Medicines made of the Elder are to be uſed in the defect of the monethly Termes; which for the moſt part proceeds from a groſs bloud, or tough humor, cloſing or obſtructing the orifices of the Hiſterick veins.

Firſt then you are to uſe things which open the belly, and disburthen it of that putrid filth; give them therefore

fore to drink the wine of the berries, which looſeneth the belly, and maketh thin the bloud and groſſe humors.

The diſtilled water of the middle-bark, mixt with the purging water of the berries, prepared as *Quercetan* directs, ſerves for both ends: The doſe is three ounces, with one ounce of the ſyrup of the berries, bark, or buds.

Which if you deſire to be more Cathartick, add to it half a drachm, or as much as ſufficeth, of the Polychreſtick powder of the buds.

The Elder-rob, with the powder of the white Dittany, or of Pimpinel, is the womens Medicine. *Gabel Shover* hath this:

Take of ripe Elder-berries,
Of Roſemary, of each one handful,
Of Pimpinel-roots, half an ounce,

Boyled in a quart of ſtrong old Wine; whereof drink a good draught warm each morning for three days, before the time of their courſes, and

let them faſt two houres after.

The ſpirit of the berries is likewiſe uſefull, which by its ſubtility paſſes through the whole body, and through the leaſt veſſels thereof, cutting and attenuating the groſneſs of the humors; it may be taken the ſame time before the courſes uſe to flow: The doſe is a pretty ſpoonfull in Wine, or ſome diſtilled water; in place of the ſimple ſpirit, you may take the Hyſterick deſcribed hereafter in the ſame quantity and manner; for his vertue is great, in moving the courſes.

The oyle of the ſecond deſcription is commendable, if two or four drops thereof be added to theſe ſpirits.

In the Scyrrous diſpoſition of the matrix, where the cram'd humor is hardened into a Scyrrous, cloſing the orifice of the veins, and ſtopping the courſes, beſides theſe Medicines you muſt make inceſſions of the leaves and root of the Elder boyled in water, as *Dioſcorides* commands.

Let there likewiſe be an oyntment made

made of the oyle of the infuſed flowers and leaves, mixed with the fat of a hen. This ſame fat diſſolved in the decoction of the roots and leaves is to be injected into the womb.

2. *Of the flowing of the Courſes.*

Tragea granorum actes excelleth in ſtopping theſe; whereof give half a drachm, and as much Nutmeg in a ſoft egg, or red Wind, ſinged by the quenching of red hot gold in it.

Take of Tragea Granorum Actes half an ounce.
Of Nutmegs, a little roaſted,
Of the roots of Tormentil,
Of red Coral prepared with Roſewater, of each two ſcruples.
Of Sugar-roſat in Tablets, ſix drachmes.

Let them be mixed for a *Tragea*; whereof take morning and evening two drachmes for a doſe in the former liquors.

If the bloud be too ſerous and fluid; that ſerouſneſs is either to be purged gently by the belly, or by weak Hydroticks by ſweating; whereof we have ſpoken largely in another place.

Gabel Shover hath this; Give to the woman in the morning three ſpoonfuls of the beſt water of Elder-flowers, and command her to faſt three hours after.

3. *Of the Suffocation of the Matrix.*

SEeing this moſt perillous Diſeaſe dependeth from a malignant and cold air, exhaled from the womb and uterine veſſels to the Midriff, Heart, and Brains, the womb is to be purged of all malignant and putrid humors, and the ſtrength is to be corroborated.

Apply here thoſe things which were ſet down in the ſtopping of the Courſes; both becauſe theſe uſed not

to

to be the leaſt and ſeldomeſt cauſe of theſe malignant vapors; and likewiſe becauſe the Medicaments purge and diſſipate theſe uterine filths gathered upon whatſoever occaſion.

A half or whole ſpoonful of the ſpirit of the flowers or berries of the Elder, greatly availeth here, both out, and in time of the fit, for both powerfully diſcuſs theſe cold and poyſonous vapors, evacuate out of the utrenal ſink, and vindicate the more nobler intrals from their infection, and reſtore freer breathing. *Gabel Shover* taketh a handful of Jews-ears, and infuſeth them in a quart of the ſpirit of Wine; of the which he giveth the diſeaſed a full draught in time of her fit.

The Antiepileptick Elder-ſpirit, if it be uſed inſtead of the Juniper, is good; and with it anoynt the belly below the navel toward the ſecrets.

Or prepare for this, and ſuch diſeaſes, this that follows.

The Hiſterick Spirit of the Elder.

Take of the middle bark of the Elder, one ounce,
Of the roots of white Dittany,
Of round Birthwort, of each three drachmes.
Of the dried leaves of the Elder, one handfull.
Of red Artimeſia. or Mugwort,
Of Prrſley, of each half an handfull.
Of the flowres of white Lillies, two drachmes.
Of clean Jews-ears, three in number.

Being cut, infuſe them in a competent quantity of Elder-ſprit, that it may be a hand-breadth above them. Let them ſtand in infuſion for ten daies; & every day ſtirr them twice; afterwaad diſtill them in Balneo, foa the Hiſterick ſpirit; of which give a half, or whole ſpoonfull in time of the fit, and with the ſame anoynt the lower belly, by rubbing it in, as hath been preſcribed.

Not

Not only in the ſuffocation of the Matrix, which by excellency is called the Hiſterick paſſion; but alſo it is excellent for the ſtopped flowers, and other cold and moiſt diſeaſes of the womb.

It helpeth likewiſe to expel the dead child & ſecondines, if after univerſals, and topicks, a ſpoonfull thereof be given in white Wine, or ſome diſtilled water, three or four drops of the oyle of the flowers of the ſecond deſcription, being mixt therewith.

Extractum Granorum Actes Hyſtericum.

Of the ripe grains of the Elder dried in the ſhadow, *Quercetan* forms an Extract, which is a ſpecifick Hiſterick, and is called of the Chymiſts, *Extractum Granorum Actes*. It is thus prepared:

Gather a great quantity of the grains of the Elder well dried in the ſhadow; & having thrown all the reſt

of the berry away, reſerve the grains only; with which fill a long-necked great Cucurbit to the middle; put upon it the ſtrong ſpirit of wine, made acid with the acid liquor either of Vitriol or Sulphure, that it may be three or four fingers broad above the matter; the veſſel being cloſed, that nothing may breath out: Digeſt it for five or ſix days in B. M. till the ſpirit of the wine receive the tincture of a Ruby, which you ſhall ſeparate by inclination, having a care that none of the dregs or troubled matter go with it.

Of which tincture not having ſeparated its menſtruum, that is, the *aqua vitæ*, which without any corruption or alteration will be kept long; unto which you may add a little Sugar, if you will make it have a more pleaſant taſte; you may give a half or whole ſilver ſpoonful to women troubled with the ſuffocation of the Matrix, ſhall be unexpectedly, and as it were

were miraculouſly weakened, and reſtored to their perfect health.

Again, if you will ſeparate from it the *aqua vitæ* by an Alimbeck in *Balneo vaporoſo*, till the extract remain in the bottom of a moſt excellent red colour, whereof give a ſcruple for a doſe in its own proper diſtilled water, or in other convenient waters, or in white wine, and it will become red. Thus far *Quercetan.*

The Uterine mixture which I uſed to prepare is this;

Firſt I take the berries of the Elder dried in a ſlow heat of the Bake-houſe; of Mugwort and of Caſtoreum as much as I pleaſe; I put upon each of them by themſelves in a Viol ſome of the rectified ſpirits of the Elder, and draw out the eſſence according to art; and I purifie each one of them by themſelves, and keep them in Glaſſes.

Afterwards,

Take of the eſſence of Elder-berries ſix ounces.

Of Balm-mint three ounces.
Of Caſtor,
Of the ſpirit of Vitriol well rectified, of each one ounce.

Being mixed, I put them in a Glaſs of a narrow throat, and I digeſt them for ten days in a warm Balneo, that they may be well united; and if any dregs be in them, they may go to the bottom; from which I ſeparate that which is clear, I ſtrain it, and keep it in a well-ſtopped Glaſs. The doſe is a little ſpoonful alone, and diſſolved in ſome appropriate water; but if the body be full of ill humors, I firſt purge it with the Polychreſtick powder of Elder-buds.

In place of Appendix I thought fit to joyn hereto the Medicines made of the Elder long ago, commended and commanded by our great Chieftain and Maſter *Hippocrates*, in Uterine Affections.

In the Hydropſie of the Matrix, he commendeth the fruit of the Elder, given faſting in wine, *lib.* 1. *de morb. mulier.*

He

He ſaith, this purgeth things to be purged in Child-bed; boil the leaves of the Elder, and give the water thereof to drink, *ibidem.*

If the womb be inflamed in child-birth, let her ſup hot the tender leaves of the Elder lightly boiled with the groſſeſt part of recent wheat-meal, *ibid.*

In the ſame place he commands us to put into the ſecrets a long piece of Elder-pith, the tenderer part being ſhaven.

In Ulcers of the womb pound Linſeed and Elder-berries together, mix hony with them, and make a Plaſter, and uſe it, *ibid.*

Or the leaves of the Elder, and of the Lentisk, being boiled in water and ſtrained, are to be injected warm, *Lib. de natur. mulier.*

The ſame things being likewiſe pounded with Muſs, may be outwardly applied, *ibid.*

In a filthy ulceration of the Matrix, boyl the berries of the Elder and

Law-

Lawrel, in equal potions in wine, afterward inject that wine, *lib.* 1. *d. m. m.*

Or take the berries of the Elder, Anice, Franckincenſe, Myrrh, Wines, and inject their juices, *ibid.* Whereby the courſes are likewiſe provoked, *ibid.*

To expel the Secondine, firſt apply a Foment made of the decoction of Elder-leaves, and then that which is made of Cantharides, *ibid.*

In very great fluxes of the courſes, apply a Cataplaſm made of Elder and Mirtle-leaves, *lib.* 2. *m. m.*

Or boil in water the leaves of Elder and Lentisk, and with the Colature warm waſh the Matrix, *ibid.*

In the ſtrangulation of the Matrix, R. Three half quarts of Oyl, and a handful of Elder-leaves; boil this, and make a fomentation therewith, or with hot ſhels put in it, make a Stove, placing the woman in a chair, and covering her with cloths.

Or boil the leaves of Elder and Mirtle, and in the ſtrained water boil Barley-chaff, and make a Stove, if ſhe can endure the heat thereof, *ibid.*

If the pain be vehement after her purging, boil in black wine the Lawrel and Elder-berries, and waſh it therewith, *ibid.*

Or boil the Elder in water, and having ſtrained the water, put to it ſweet wine, and waſh therewith.

Of which, and many others, you may view *Hippocrates* in thoſe Books and places mentioned.

CAP. XXVII.

Of the Arthritick Diſeaſe.

HOw ſtiff this Diſeaſe is, and how miſerably it tormenteth the patient, is known even to children; notwithſtanding it expects eaſe, if not full cure; which ſometimes is done by the Medicines of our Elder.

And

And seeing nothing is more able to preserve than that great encrease of serous humors being hindred,& those that are sprung be evacuated: Seeing from these, if not only, yet most commonly,Arthritick pains have their beginning; as experience can testifie. These Medicines therefore that follow are convenient.

Viz. The wine of the berries, of which he is to drink a cup full oft in the week, in the morning or in the beginning of dinner: But that is of most force, which we have set down in the 24 Chapter out of *Quercetan.*

The water distilled out of the succulent bark in the Autumn,or Spring, is oft to be drank. Let it be sweetned with the third part of the syrup of the berries or buds; the dose is four ounces. That it may purge more forcibly, mix therewith a half or whole drachm, according to the Patients strength, of the Polychrestick powder of the Buds.

Vomits

Vomits are good to preſerve from this diſeaſe, if it be provoked once a moneth by thoſe that are uſed to it. In cure of the Arthritick, chiefly of the Sciatick or Gout, ſeeing vomit doth revel, and derive by the upper parts, it performs more than any downward purge. Therefore you are to reiterate it two days and more, if the evil perſevere.

The oyl preſſed out of the kernels of the berries, and half a drachm thereof taken in the broth of Ale, doth excel in this diſeaſe. The oyl of the infuſed flowers or bark is good; the doſe is one or two ounces in warm water.

You ſhall repreſs the Arthritick aſſaults, if you once or twice in the moneth ſweat, having firſt purged the body: For the ſerous matter gathered in the body is eaſily diſcuſſed by ſweat; and as ſoon as natural or artificial ſweat appears, there is great hopes of ſafety. See *Hildanus, Centor. 5. obſer. v. 3.*

Give

Give then of the Rob of the Elder two drachms with a ſcruple of Harts-horn prepared; or half a drachm or two ſcruples of the extract *Granorum actes*; or one ſpoonful or two of the ſpirit of the berries or flowers.

This is uporiſt of ſome,

The Roots of the Elder or Walnut, half an ounce.

Of the pulveriſed Kernels, drachm 1.

Let them macerate for a night in white wine, whoſe Colature being a little ſweetened with Sugar, is to be given in the morning in bed, to provoke ſweat. If it be given a little before the fit, it diſappoints it.

In the Spring-time the buds prepared with oyl, vinegar and ſalt; and frequently being eaten before ſupper, being mixed with other Sallets, is commendable; for they gently purge the belly and purifie the blood from ſeroſity.

The powder of the buds dried in the ſhadow, is good for preventing of Gouts and all Arthritick Diſeaſes; whereof

whereof take in the Spring-time or Harveſt, for a whole month together in the morning, half a ſcruple in a ſoft egg with a little ſalt. Or take the Conſerve of the buds alone, or mixed with the Conſerve of the flowers in equal parts. The doſe is the bigneſs of a Walnut or Cheſnut, morning and evening before meat. Drink above it ſome of the water of the flowers, ſweetned with a little of the juice of the berries.

Topicks.

A linnen cloth dipt in the diſtilled water of the leaves and flowers of the Elder, and applied warm, wonderfully aſſwages the pain, unlocks the pores, digeſts the matter, and ſtrengthens the nervous parts.

That it may more penetrate, and where the colour and heat is greater you may add in equal quantity Elder-vinegar. Where the matter is colder, and the pain longer, you may dip the ſame

ſame clothes in ſuch a liquor as this, and apply them hot.

Take of the ſpirit of Elder-berries, three ounces.
The ſpirit of the flowers, drach. 2.
Of Opium of Thebes, ſcruples two, mix them.

By its Narcotick vertue it mitigateth the pains, and diſcuſſeth the more ſtubborn matter, and refreſheth the members.

The Goutiſh Anodine Water.

Quercetan in the firſt book and ſeventh chapter ſets down this Podagrick water;

Take of the green leaves and flowers of Elder, of each *lib.* 1. more or leſs, as you pleaſe, to make it greater or leſs quantity; pound them, and macerate them well in B. M. then diſtill them in a Glaſs, or Copper veſſel, till they be dry; with this water forment the pained place twice a day; yea you may uſe it conſtantly in that Gout, which

which proceeds from hot humors. So far he.

The Oyle, wherein the roots of the Elder or Ebulus, and the leaves or fine extract from them, hath been boyled, chiefly the oyle of the Dwarf-Elder-ſeed, from which the ſeeds of the greater differ little, is much praiſed here. It is prepared thus; beat the ripe and clean ſeeds in a paſte, boyle it in water, and gather the ſcum thereof, put it in a long Glaſs, in a warm place for three or four daies, till the oyle, which is greeniſh, go to the bottom; the ſame oyle preſſed out of the ſeeds is moſt powerfull.

Theſe are the words of *Plater*, in the ſecond part of his practice.

Or, take oyle of infuſed Elder-flowers, ounces two; and of it preſſed out of the kernels, half an ounce.

Being mixt, apply them warm to the grieved place. *Dioſcorides* affirms, that the recent leaves applyed, with the fat of a Goat or Bull, doth help the Goutiſh.

I know a man, that whenſoever he is troubled with the Gout uſeth only this unction; He taketh new Cream of Milk, and he mixeth with it the Powder made into fine meal, of the and leaves of the Elder, till it acquire the conſiſtence of a Poultice, or Cataplaſme, which being ſpread on a linnen cloth, he applyeth it hot to the diſeaſed part; and from this eaſie and ſimple Medicine he exſpects, and experiences with happy ſucceſſe, great eaſe.

Gabel Shover, amongſt others, hath this; Take the water of the Elder, and the ſpirit of Wine, of each ounces 2; mix them, and apply clothes moyſtened therein: Some take two ounces of Elder-water, and one of *aqua vitæ*, and mix them.

The ſame man much commendeth in pains of the joynts, and other cold defluctions, from which the reſolution and Palſie of the joynts do proceed, this:

Take a good quantity of Elder-pith,

a

a quarter of a pint of Rheniſh-Wine, and as much of your own urine, being mixed, boyle them in a new pot, till half be conſumed. Then anoynt the grieved place with the ſpirit of Wine, and rub it well in. Afterward apply a woollen-cloth hot, dipt in the former decoction. And when it is dry, dipt it and apply it again. And this is to be done before you go to bed.

Some praiſe this that follows, in Arthritick Diſeaſes, chiefly which are hot.

A Mucilaginous Andonyne Liquor.

R. Of quick Snails, newly taken whole out of their ſhelly cottages; Of Elder-berries dried in the Oven, and pulverized; and of common ſalt, of each as much as you will; put it in the ſtraining bag called *Hippocrates* ſleeve, making one row upon another ſo oft as you pleaſe; ſo that the firſt be

be of the Snails, the next of the Salt, and the laſt of the berries, continning ſo till the bag be full; hang it up in a Cellar, and gather diligently the glutinous liquor that diſtils out of it by little and little, even to the Mucilage; and being put in a ſtopt Glaſs, expoſe it four days to the Sun; and therewith anoynt gently the grieved part.

CAP. XXVIII.

Of the Scab, Pſora, Itch, Herpes, and other Cutaneous Diſeaſes.

TIs a Golden ſaying of our Divine Maſter, *Aphoriſm* 21. *Sect.* 1. That we carefully obſerve the motion of Nature and its courſe, and with our Medicines aſſiſt it as much as we are able.

Seeing in moſt of theſe out-breakings in the skin Nature doth thruſt the

the hurtful matter from the principal parts to the more ignoble and leſs principal, *viz.* the Cutaneous, it ſeemeth beſt here to uſe Sudorificks, and thoſe that expel to the circumference of the body.

Becauſe many times a great heap of putrid humors are ſeated about the ſtomach, Meſentery, Liver, and Melt; that ſink, as far as is poſſible, is to be emptied by Emetick and Cathartick Medicines, leſt omitting and neglecting this evacuation, the putrid and ſalt humors, by the unſeaſonable uſe of Sudorificks, being drawn out of the Jacks of the firſt region, be thruſt into the greater and nobler veins, and ſo raiſe more dangerous damages.

Purges and Vomits.

In delicate bodies and children, the water diſtilled from the ſucculent bark, by two cohobies, and ſweetned with a little ſyrup of the juice of the berries,

berries, doth work this effect, being given in a few ſpoonfuls. Alſo the ſyrup of the berries juice, being given alone, from an ounce to an ounce and half.

In thoſe of riper age, give the purging water made according to *Quercetans* deſcripton, from two ounces to three, with an ounce of the ſyrup of the buds or bark.

Or uſe twice or thrice the Polychreſtick Powder of the Buds in Whey.

Or incorporate it with the Conſerve of the flowers for a bole; or reduce it into the form of a pill, with the ſyrup of them, or ſuch like; for it is a good Medicine to purge the body from ſalt and feculent humors.

Or take a cupful of Whey, macerate in that, half or a whole ounce of the middle bark of the Elder; the Colature being ſtrained in the morning, let it be drank warm. The wine of the infuſion of the bark and root of the Elder, ſubtilly grated, is good to provoke vomit, and empty the belly of evil

evil humors; it doth this when they have infuſed together for a night. Theſe are the words of *Vigo* in his *Chirurg. part.* 1. *lib.* 7.

Or take a drachm of the oyle preſſed out of the berries kernels, more or leſs, according to the ſtrength of the patient; give it in a cup of lukewarm Ale.

It were likewiſe profitable for the Scabby, if they made a Sallet of thoſe young buds, who in the beginning of the Spring, together with thoſe outbreakings and puſtles of the skin, by the ſingular favour of Nature, as contemperanious, doe bud forth; being firſt macerated a little in hot water, with oyle, ſalt, and vinegar; and ſometimes eaten, it purgeth the belly, and freeth the bloud from ſalt and ſerous humors.

Sudorificks.

Theſe things being premiſed, that which remains yet in the skin, or

maſs of blood, is to be emptied by Sudorificks.

The water of Elder-flowers and the clearer ſpirit of them may be given even to children. For to make it of a more pleaſant taſte ſweeten them with a little ſyrup of the infuſion of the flowers.

Theſe Medicines following agree to thoſe that come to years.

Take of the Rob of the Elder two drachms.
Of Harts-horn burn'd and prepared one ſcruple.
Of the Water of Elder-flowers three ounces.
Of Oximel of the Elder half an ounce.
Mix them, & make a draught of them.

Or, take of the extract of Elder-berries two ſcruples,
Of Elder-ſalt half a ſcruple,
Of the water diſtilled from its flowers two ounces,
Of the Vinegar of the flowers half an ounce.
Mix them for a draught.

After

After taking of theſe ſweat is to be provoked in Bath or Bed.

The Conſerve of Elder-flowers with the Conſerve of Cicory-flowers is commodious to change, alter, and ſtrengthen the intrals or inward parts.

Or make this Julap, which you muſt uſe every day an hour or two before ſupper; or after you come from Bath or ſweating, drink four ounces thereof.

Take of the Conſerve of Elder-flowers,
Of Burrage,
Of Cicory, of each half an ounce.

Diſſolve them on a ſoft fire in a quart of Elder-flowers water; to the ſtrained Colature add of the ſharp Elder-ſyrup two ounces, mix them.

Topicks.

In a more univerſal, filthy, and continuing Scab, Tetter or Pſora, *&c.* prepare this ſort of Bath.

Take of recent Elder-leaves, ten handfuls,
Six whole Umbels of the flowers,
Of quick-ſulphure, two ounces,
Of crude-Allum, one ounce.

Boyle it in a ſufficient quantity of rainwater, unto which afterward add a ſixth part of the Lixive. Let the diſeaſed every day ſit once in a Bath, to provoke ſweat, not neglecting in the mean time the former internals. Or where only the hands or feet are ſcabby, the ſame decoction; but in leſs quantity is to be prepared; wherein daily the feet and hands are to be waſhed; yet nevertheleſs you may add other things, as the roots of Sorrel, and Alacampain.

After the Bath, the exulcerate and clift places are to be anoynted, to mitigate their pain, with the oyle of the infuſed flowers; to which you may give a more drying and healing vertue to the leaves of the Elder, ſubtilly pulveriſed till it come to the conſiſtence of a Liniament.

Or,

Or, uſe the Liniament of *Matthiolus*, or *Plater*. Or this:

Take of the oyle of the infuſed flowers and bark of the Elder, of each 3 *drachms*,
Of waſhed Ceruſe, one drachm, or four ſcruples,
Of Wax, enough.

Make thereof a Liniament.

Thoſe black, round, and about very red puſtles, which break forth frequently in the feet, chiefly of women, are oft to be waſhed with the water of the leaves, and mitigated with the foreſaid unctions.

Mark, There was a Bakers wife in *Heyna*, which could not go out of dores by reaſon of the abundance of thoſe Puſtles, and was greatly diſquieted by their heat, having premiſed what was fitting, ſhe uſed for a Topick milk, wherein the flowers were macerated, in which, clothes being dipped, were applyed warm with great eaſe. Where the heat and redneſs is more intenſe, inſtead of ſimple milk, take

ſowre or Butter-milk.

Only ſweating by taking the rob of the Elder ſometimes doth cure the ſimple Herpes by the abſterſive and ſiccative quality.

In this the oyl preſſed out of the kernels of the berries reduced in form of a Liniament with Sugar of Saturn, is much praiſed by ſome: If it be anointed on the puſtles, after they are opened with a needle, and cleanſed from the matter, putting thereon a green leaf of the Elder, or one dried in the ſhadow. In an eating Herpes, having purged, ſweat, and breathed a vein, this Cataplaſm is commended, wherewith ſhe-Montebanks have gained largely.

Pound in an Earthen Veſſel, with a woodden Peſtle, the green leaves of the Elder, adding to them in the time of pounding a little Elder-vinegar, after that manner that women make ſawces of the Watercreſs, Sorril, and ſuch like: Mix with this pounded and ſucculent matter one part of the aſhes

of

of Elder-leaves, and two parts of the powder of the leaves, that it may become like a paſte or thick Cataplaſm. Add to it, that it may ſtick the better, a little Turpentine diſſolved with the yeolk of an Egg; apply it twice a day to the ulcerous places, being firſt wiped with clean linnen.

Neither is this a mere new invention, for *John de Vigo* in the firſt part an 7th. book of his Chirurg. ſaith, That Elder-leaves pounded with Hellebore and Oximel Scillitick, doth cure Ringworms, Itches, and Scabs.

CAP. XIX.

Of the Eryſipelas or Roſe.

IT is uſual as ſoon as the Roſe invadeth, to take thoſe Medicines whereby nature is helped to thruſt the matter from the inward to the outward parts: For which end the rob with the water-vinegar of the Elder-

flowers are applyed; for learned Phyſitians do acknowledg that this matter wanteth not its own malignity. *Wierus* uſeth this potion:

Of the Water of Elder-flowers, three ounces,
Of Parſley-ſeed, half a drachm,
Of T. Sigillata, half a ſcruple. Mix them.

There are ſome, that in all Eriſipelas, even in that which followeth oft-times the Scurvie, doe ſwallow this bole, and drink the water of Elder-flowers above it, to diſcuſs the malignity by ſweating.

Take of the Rob of the Elder, two drachmes,
Of Mineral Bezoartick ſix grains, mix them.
Or, take of the extract of Elder-Rob, two ſcruples,
Of Sulphurat nitrate Antimony, half a ſcruple, mix them.

But if the belly be bound, give the ſyrup made of the berries juice, which looſeneth the belly, and reſiſteth malignancy. In

In more ſtrong bodies, and where evil humors ſtick in the firſt paſſages, you may give a half, or whole drachm, according to the patients ſtrength, of the Polychreſtick Powder of the buds.

To temper the heat of the bloud in the intrails, theſe things are ſet down in the cure of the hot feavers.

Topicks.

The Topicks here ſhould not be cooling, repelling, or fat, which obſtruct the pores of the skin, leſt that ſharp and malignant matter be thruſt to more noble parts, or cloſed up in the diſeaſed; whence oft times the part hath been gangrenat: For which cauſe the common people by all means avoid moyſtening of the part, & when any evil here ariſeth, aſcribed it to it, though not rightly; for all moyſtening is not to be avoided, but only that which is made of reſtringent, repellent, & things that obſtruct the pores;

but thoſe which unlock the pores and digeſt the humors and conſume them. Though they be liquid, they are ſo far from hurting that they greatly help.

John de Vigo teſtifieth, that the Elder hath the vertue of reſolving, drying and opening, by reaſon of the ſubtilty of its parts: wherefore theſe following made of it may be ſafely uſed.

Shave the bark from the trunk, and apply it every day three times round about the part diſeaſed of the Roſe.

Or, R. of white Sope ounce 1. diſſolve it in lib. 3. of the water of the flowers of the Elder, apply it warm to the diſeaſed part, and when it drieth renew it.

Some dry them before, and apply them dry, that they may ſatisfie the peoples deſire, that much fear moyſture in this diſeaſe. This is commended:

Take of the water of Elder-flowers five ounces.

Of Theriack of Andromache one drachm.

drachm. Mix them.

Dip linnen cloths in it, and wring them in your hand, and apply them warm to the place, and when they are dry dip them in the liquor and apply them.

Or, R. The dried berries of the Elder ounce 1. the flowers of the ſame M. 1. Having pounded, cut them, boil them in lib. 2. of the ſimple-water, to the conſumption of the third part. Add to the Colature ounces 3. of a thin Lixive; mix them: Dip a linnen cloth in them, being warm, wring it a little and apply it to the part, as hath been ſhewn.

Taberna Montanus ſaith, he hath tryed, that the Roſe being anointed with the Rob of the Elder doth eaſe and diſcuſs it.

Lac Aureum, which is prepared of the Lixive and oyl of the Elder well ſtirred together, till it acquire a milky colour, is commended much; chiefly here when the Roſe enclines to ulceration and gangrenates: For by its drying

drying and cleanſing vertue, it hindereth further putrifaction and corruption; and by mixing the oyle, it mitigateth the pain, and cureth the ulcer; apply it hot.

Thoſe that avoid all moyſture, let them uſe clothes dipt oft in theſe liquors, and dryed; or which is common, ſprinkle upon the diſeaſed part, ſmall bran, mixt with the like quantity of the powder of Elder-flowers.

Specificks.

To prevent this diſeaſe, many wonderfully praiſe this following;

R. Of new Elder-flowers, or in defect thereof, of thoſe well dryed, M. 1. of Milk of a red Cow, or at leaſt with red ſpots; boyle them in a cloſe veſſel, and upon a ſlow fire. Let him drink once, twice, or thrice, when the Moon waineth; or if they will, through every month in the year, of this colature in the morning; and they ſhall be afterward free of this diſeaſe. See Dr: *Sennert. de febrib. lib. 2. cap. 16.*

Nei-

Neither is this Medicine deſtitute of reaſon; for it is probable that the fluxibility and accrimony of the bloud, being taken away by this Medicine, Nature is leſs afterward pricked by it; yea thoſe malignant impreſſions ſtampt on the liver & reins, defiling the bloud by their contagion, are altogether wiped off, by the frequent uſe of this ſpecifick Medicine.

An Amulet made of the Elder, on which the Sun never ſhined, if the piece betwixt the two knots be hung about the patients neck, is much commended; ſome cut it in little pieces, and ſew it in a knot in piece of a mans ſhirt, which ſeems ſuperſtitious.

I learned the certainty of this experiment firſt from a friend in *Lipſick*; who no ſooner err'd in diet, but he was ſeized on by this diſeaſe; yet after he uſed this Amulet, he proteſted he was free; yea that a woman to whom he lent it, was likewiſe delivered from this diſeaſe. Notwithſtanding I leave the

the whole matter to other mens judgments, who may easily try it, seeing there is so many secret works in Nature, whose operation is evident; yet their causes are hid in such deeps of obscurity, that they cannot be searched out by the sharpest sight of mens reason.

CAP. XXX.

Of Inflammations, Oedema's, and Schirrouses.

1. *Of Inflammation.*

Dioscorides writeth, that the green and tender leaves, being applyed with polent, mitigate Inflammations.

The cakes of the flowers and leaves left after distillation, if it be wet with the oyl of infused flowers, is applyed fitly to an inflammation.

Or, R. Of Elder-leaves M. 3. of Barley

Barley polent M. 1. boiled in ſimple water, to the conſiſtency of a Poultice: Being put through a Serce, add of the oyl of infuſed Elder-flowers ounces two; of the meal of the leaves and flowers of the Elder, of each enough. Make a Cataplaſm, for it digeſteth, reſolveth, and if the Inflammation Apoſtemat ripeneth, the Apoſteme being opened, cure it as an Ulcer. Of which afterwards.

2. *Of an Oedema.*

Its known by the cure of the Aſcites how the Elder helpeth Oedematous tumors, chiefly in the feet. See there the fomentation for the feet made of the decoction of the leaves in a Lixive.

But ſeeing theſe fomentations are tedious, it is enough to carry the green and dry leaves of the Elder in the ſtockings. A great Lawyer was delivered by the uſe of this ſimple Medicine, which he oft applied, at the deſire

deſire of a worſhipful Knight of *Miſnea.*

3. *Of a Schirrus.*

The cure of a Schirrus is known by cure of the obſtruction of a Schirrus Melt.

There are ſome that ſay the leaves only of the Elder doth mollifie and diſcuſs Schirrus tumors by Signature; becauſe it groweth in dark and ſhadowy places: For which reaſon in the 23 Chapter, we ſet down a Splenetick Searcloth of them: Which may be fitly applyed here, the tumors being anoynted with this following.

Take of the oyle of Elder-flowers, ounce 1. of Amonick diſſolved in Elder-Vinegar, drachms 2. boyle it on a ſoft fire, to the conſumption of the watriſhneſs. Add white-Wax; and according to art, make an oyntment.

CAP.

CAP. XXXI.

Of Wounds, Ulcers, and Contuſions.

NO man that ponders well the rehearſed words of *Dioſcorides* and *Galen*, will deny the Elders vertue to be great in theſe Diſeaſes; eſpecially in Wounds and Ulcers.

The Cure of Wounds.

The common people keep as a great ſecret in curing wounds, the leaves of the Elder, which they have gathered the laſt day of *April*; which, to diſappoint the Charms of Witches, they had affixed to their dores and windows; but ſeeing the Elder-leaves of themſelves are found efficacious enough to heal wounds, this ſuperſtitious opinion of the people is to be laughed at.

A Vulnerary Balſam.

To cure wounds ſafely and ſuddenly, take the green and tender Elder leaves; ſtamp them; and having put a little Wine on them, wring out the juice ſtrongly. Take of this juice, being purified, as much as you will, add thereto in equal quantity, the oyle of the infuſed flowers; boyle it on a clear fire, ſtill ſtirring it with a Spatula, till the waterineſs be conſumed; afterwards

Take of oyle ſo prepared, four or five ounces,
Of it preſſed out of the berries kernels, two ounces,
Of clear Venice-Turpentine, three ounces,
Of Verdigreaſe, three drachms.

Being well mixed together on a ſlow fire with a Spattle, let them ſtand eight days in the Sun, or ſome other hot place, that the dregs may go to the bottom; from which ſeparate the

the pure Balſam; which is to be applyed hot to the wound with lint-cotton, and the wound to be bound up with linnen clothes; it doth imitate the vertue of the moſt precious Balſams; half an ounce of the Sugar of the Elder may be added.

A Plaſter of the Balſam.

If you mollifie wax with a ſufficient quantity of this Balſam, and apply it according to art, it cureth wounds ſuddenly.

To ſtop a great Hemmorage.

Tragea Granorum Actes being mixed with an equal part of Jews-ears, is commended in ſtopping of bloud.

Or make this Powder;

Take of Tragea Granorum Actes,
Of dryed Jews-ears, of each three drachmes,
Of the white of an Egg dryed in the Sun, two drachmes,

Of

Of the pith of the Elder,
Of the pureſt Gum-tragant, of each one drachm.

Pulveriſe ſubtilly every one by it ſelf, and afterwards mix them exactly.

The Uſe. The bloud being drank up of a ſponge, and the wound being dryed as much as is poſſible, put therein a ſufficient quantity of the Powder; if it ſucceed not at firſt, dry the wound again with the ſponge, and put in the Powder, and keep it in with torne pieces of cloath put thereafter.

The Puncture of Nerves.

In the Puncture and wounds of Nerves, the Learned Surgeon *de Vigo* in his ſeventh book, together with daily experience doth atteſt, that the oyle of the infuſed flowers is much praiſed.

The Oyle of the Flowers of the ſecond deſcription; and the Balſam, or Plaiſter made of the Balſam, being put thereon, worketh effectually.

The

The Cure of Ulcers.

Dioſcorides hath taught us, that the leaves of Elder do cure deep, perverſe, and Fiſtulous Ulcers.

An Upori ſt.

Apply then here either the juice alone, put in, being nevertheleſs wrung out with a little Wine or Urine; and afterward lay upon it the pounded leaves like a Plaſter; which is a Country-remedy.

Or make this Liniament;

Take of Elder vulnerary Balſam, one drachm,
Of the Leaves of the Elder ſubtilly pulveriſed, one drachm.
Of Verdegreaſe, two ſcruples,
Of Elder-ſalt, one ſcruple.

Mix all together exactly for a Liniament; of which daily you are to put ſome in with Tents in impure and Fiſtulous ulcers, and a convenient Plaſter

ſter above it. Injections and waſhings of deep and putrid ulcers, when need requireth, are to be made of the leave sand bark; which do excellently cleanſe and hinder corruption. Apply them before you make a new binding, that the filth cleanſed, and waſhed by the former Medicine, may be together with them waſhed out.

In thoſe Ulcers which caſt out that icor, which *Paracelſus* calls *Synovia*; the Vulnerary Balſam chiefly availeth, being hot put in; ſeeing it drieth moderately, and keepeth the ſubſtance of the wounded part temperate. You may ſprinkle afterwards above it the Powder of the dried Pith and Jews-ears, which are much praiſed by many.

Gabel Shover hath this R. of Elder-Pith drachms two, of Orenge-Pills ſcruple half; mix them for a Powder, which are either to be ſprinkled in, or to be taken with a faſting ſtomach in a morning.

The ſame man taketh as many Elder-

der-flowers as is needful; he fryeth them in butter and applyeth them twice or thrice.

Or, inſtead of a Vulnerary potion in theſe and other Ulcers over-flowed; he giveth daily a drachm, or a drachm and half of following powder in warm buttered Ale.

Take of Elder pith three ounces,
Of dryed Jews-ears,
Of prepared Oculi Cancrorum; of each two ounces,
Of Orenge-pills,
Of Citron Pills,
Of Nutmegs, of each one ſcruple.

Make a ſubtil Powder of all.

In dilating of Wounds and Ulcers, and in keeping Iſſues open, the Pith of the Elder is convenient: For while that ſponge-like ſubſtance drinks in the humors, it is dilated, and ſo diſtendeth the lips of the Wounds and Ulcers.

The Cure of Contuſions and Bruiſes.

In Contuſed parts, the juice of Elder-leaves, preſſed out with wine, and anoynt on the place, or linnen dipt therein and applyed, doth diſcuſs the black bloud, and ſtrengthens the part.

Or take of the Meal of Elder-flowers, ounces two; of Camomile and Wormwood-flowers, of each half an ounce; mix them with Elder-oyle, and work them together, that they may become like a Cataplaſm; which is to be applyed daily to the contuſed part.

To take away the marks and impreſſions, anoynt them with oyle of infuſed flowers.

In intertrigoes, when the fleſh, and not the skin, is infected, the unction of *Plater* or *Matthiolus* his Liniament, beſprinkling it with the ſubtile Powder of Elder-leaves, is profitable.

Or make this Magiſterial Powder, which

which with great commodity is ſprinkled on the emunctories of new-born babes, *viz.* behind their ears, in their armpits and groines:

Take of Elder-leaves half an ounce,
Of the flowers of the ſame,
Of Red-Roſes, of each two drach.

Mix them for a Powder, which being ſprinkled, conſumeth the moyſture, and drieth the place.

CAP. XXXII.

Of Burning and Congelation.

Topicks.

Dioſcorides ſaith, That the green and tender leaves, being applyed with Pollent, helpeth burning.

Theſe following are commended by Authors: firſt, the oyle of infuſed flowers and bark: ſecondly, the oyle of the leaves and bark fryed in butter and oyle; thirdly, the two liniaments

of *Matthiolus* and *Plater*; the receits of which are set down in the second Section in the second and fourth Chapters.

The Uses. A member being burned with fire, gun Powder, boyling water, *&c.* is to be easily anoynted with these warm, and afterwards to be wrapt in soft and warm linnen. For each one of them hath the vertue of rarifying the skin, of drawing out hot vapors, mitigating pain, digesting and drying of serosity, and of curing the raised blabs in ulcers, and in restoring the diseased place, as much as is possible, to its wonted beauty.

If the burning pierce more deep, so that the blabs being broken, and the skar taken away, it degenerateth into an ulcer, besides these oyles and oyntments, you must sprinkle easily and lightly every day, the powder of the leaves and pith, which doth excellently dry, and, by cleansing moderately, doth fill ulcers with flesh.

In this case oyles are more profitable

then

then liniaments, as will be eaſily found by any that uſe them.

This following unguent, as a ſingular experiment, is commended in all kinds of burning by the famous *Doncrelius*, for eaſing pain, or quenching the force of the heat, and ſoon and ſafely curing the ulcers, alſo it is happily applyed to Herpes Miliaris, and other out-breakings, which come from yellow bile, or ſalt humors.

Take of the middle-bark of the Lynden-tree,
Of the Elder, of each one handful;
Of Linſeed half an ounce.

The barks are to be cut in ſmall pieces, & infuſed together with the ſeed in a ſufficient quantity of the water of Elder-flowers, for the ſpace of three hours warm; then add half an ounce of ſheeps dung; mix them, and boyle them in a double veſſel in *May*-butter unſalted, waſhed oft in fountain water, and at laſt in the water of Elder-flowers, till the humidity be perfectly conſumed. Strain them: and add of

yellow wax, as much as ſufficeth, mix them: and according to art make an oyntment. They are *Donerelius* his words.

If the ulcer become more ſordid, uſe the things in the precedent Chapter. *Lac aureum* drank up in Linnen clothes, and applyed, is profitable, of which we have ſpoken in the cure of Eryſipelas.

Internals.

When many parts, or thoſe ſituated next the nobler parts, are burned, and then the unnaturel heat ſpreadeth it ſelf over the whole body, you are to uſe thoſe things ſet down in the cure of the hot feaver. Or make this Julap:

Take of the water of Elder-flowers, half a pound,
Of the acetous ſyrup of the Elder, two ounces,
Of Hearts-Horn burned and preparred, two ſcruples.

Mix

Mix them for two doſes: for it cooleth the heated ſpirits, it extinguiſheth the thirſt, diſſipateth the Empereum, and roborateth the ſtrength.

The Cure of Congelation or Broſting.

Apply to the froſted parts, the middle bark of the Elder, or linnen moyſtned in their decoction. When they clif; the powder of Elder-bark, pith, and flowers, reduced to a liniamenth with the oyle of infuſed flowers, in commended, the parts therewith being anoynted daily. Apply upon it linnen moyſtned in the Golden Milk of the Elder, for it drieth and hindreth a Gangreene. See more in the cure of Ulcers.

CAP. XXXIII.

Of Poysons.

Inflicted outwardly, or taken into the body.

IN the ſtinging of venemous beaſts, the green leaves of the Elder being applyed, are praiſed, becauſe they draw out the poyſon, and dry the wound.

Dioſcorides eſpecially commends the ſame pounded leaves applyed to the bite of a mad dog.

George Arnwald in his *Panacea* bids us diſſolve Rob of the Elder in Vinegar and Wine, and rub therewith the ſtung or bitten place, and waſh it therewith.

In the ſtinging of Waſps and Bees anoint the place with the oyle of the infuſed flowers, or with that which is preſt out of the kernels of the berries, and put a leaf thereon; it mitigateth the

the pain, and in a ſhort time cauſeth the tumor to fall and evaniſh.

To ſtop the poyſon of the Vipers bitings, beſides theſe Topicks, *Dioſcorides* bids us boyle the roots of Elder in Wine, and drink the Colature. He attributeth the ſame vertue to the berry drank in Wine.

'Tis better to uſe the Wine of the berries, to take two drachmes of the Rob; or as many ſcruples of the extract in the water of Elder-flowers, and provoke ſweat.

In Philtrums, or thoſe Potions wicked Whores uſe to give for love, or in other poyſons taken inwardly nothing is better, then upon the ſuſpition immediately to caſt all up by vomit, that is in the ſtomach.

Give two ounces or three of the oyle of the infuſed flowers or bark of the Elder in warm Ale, and accelerate vomit.

Or, take an indifferent ſpoonful of the oyle preſſed out of the kernels; give it in warme Ale: For by this means,

means all venom that is in the ſtomach, is happily excluded, and the corroſive acrimony of the poyſon is qualified; uſe it again, if it be needful.

Which being done, provoke ſweat, that that which ſticketh in the veins (for the more maligne the humor is, the more it penetrateth, and like ferment, infecteth the whole bloud) muſt be evacuated by ſweat.

Thoſe things which were brought for the Plague, are profitable here: Rob ſimple, and Antilemick, their extracts, *&c.* of which give as much as is convenient to the age and ſtrength of the patient, diſſolved in the diſtilled water of Elder-flowers, of other convenient liquor. And ſeeing ſeldom the force of the poyſon is daunted by once or twice; but rather under the ſubtile ſhew of a ſervant, as being overcome, and obeying Natures command, by ſecret mines lurketh and worketh to overthrow the ſtrength of Nature, and overcome it by little and little. Therefore the uſe of theſe

Alexi-

Alexitericks is not to be intermitted but to be continued, till all the poyſon and maligne impreſſions that remain be extirpate out of the body. This mixture is profitable.

Take of the Conſerve of Elder-flowers, of the flowers of Burrage, as much as you will; mix them. Give half an ounce thereof daily, an hour or two before dinner. Drink a ſpoonful of the juice of the berries above it.

Give two drachmes every week of the Rob of the Elder, in the water of Elder-flowers, and provoke ſweat in bed, or bath. After the ſweat, the heat to be tempered with a ſpoonful or two of the ſowre ſyrup of the Elder.

This experiment is praiſed by many; Take of the middle Elder-bark, ſubtilly ſhaven, and dry it lightly in the ſhadow, a little more then a handful; put on it three quarters of a pound of Goats milk; boyle it on a ſoft fire till the half be conſumed; of whoſe Colature drink morning and evening.

They

They say that this doth absolutely out-rout all poyson given by whores and knaves, though it were given three years before. If it do not succeed at first, the patient is to use it often; and by divine assistance he shall obtain the wished event.

The Conclusion.

THese things, Courteous and kind Reader, I thought fit to set down of the Elder, and the use thereof, and Medicines. Those Dishes which may be prepared of the flowers and berries, at that time, when they are to be had in great abundance green: for the preventing of many diseases; seeing they are well known to Cooks by daily experience. To what diseases they agree, is known by what is said. If there occur any thing here which doth not please you, it is your part favourably to construct it, and to withhold the censure, till you try all things more exactly in the infallible ballance of reason and experience.

I.

I leave, for praiſe, nor crave;
For praiſe enough I have;
If not contemned by thee,
Courteous Reader, I be.

If thoſe things that are omitted, obſcure, or not rightly delivered, be by thy more polliiht judgment added, illuſtrated and corrected, thou ſhalt deſerve infinite favours from me, and all thoſe honorers of Medicine and Nature: For nothing can be more happy then to know much; and we are to learn, that we way know. Neither at any time was there any of ſuch qualified reaſon, but things, age, and uſe will afford-him ſome new objects, ſome new obſervations: So that what thou thoughtſt thou knewſt, thou unknowſt; and deſpiſeſt that upon thy tryal, which thou didſt moſt truſt. For there was never any thing more unrighteous then an unjuſt man, which holds and believes nothing right, but what he fathers.

Farewel,

Farewel, and what ere thou art, favour these endeavors; and together with me in this wonderful and unexhaustible variety of things, devoutly admire, and piously worship, the unsearchable depths of Divine Wisdom and Goodness.

FINIS.

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